Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The comparison of the effect of kinesio-tape and friction massage on the latent trigger points of upper trapezius on grip power and pain threshold

Protocol summary

Summary

Objective: In this study, the effects of kinesio-tape and friction massage on the latent trigger points of upper trapezius muscle on grip power and pain threshold were compared. Design: Fifty eight male students with latent trigger points in upper trapezius muscle were enrolled in this clinical trial study. They randomly assigned to two friction massage and kinesio-tape treatment groups. Participants were blinded about study groups. Setting and conduct: Participants were received treatment for 3 days. Participants including major eligibility criteria: Male students with latent trigger points in upper trapezius muscle were enrolled in this clinical trial study. Intervention: One group received kinesio-tapping and the other group received friction massage on their trigger points. Main outcome measures: Pressure pain threshold and grip strength were measured before and after treatment by Pressure Algometer and Dynamometer.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016080126674N3**
Registration date: **2016-09-07, 1395/06/17**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-09-07, 1395/06/17

Registrant information

Name

Marzieh Mohamadi

Name of organization / entity

Shiraz University of Medical Sciences, School of Rehabilitation Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 3627 1551

Email address

mohamadm@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2016-04-16, 1395/01/28

Expected recruitment end date

2016-06-16, 1395/03/27

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison of the effect of kinesio-tape and friction massage on the latent trigger points of upper trapezius on grip power and pain threshold

Public title

The effect of kinesio-tape and friction massage on trigger points on the grip power and pain threshold

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: The existence of unilateral or bilateral latent trigger points of upper trapezius muscle; The existence of palpable taut band in the muscle; The existence of a painful tender spot in the taut band; Age range of 18 to 30 years Exclusion criteria: The existence of active trigger points in upper trapezius muscle; The existence of musculo-skeletal disorders in neck and shoulder such as tendinitis, bursitis and impingement

syndrome; cervical disk herniation; The existence of radicular pain in upper limb

Age
From **18 years** old to **30 years** old

Gender
Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **58**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
Randomization was done by simple randomization method

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Shiraz University of Medical Sciences

Street address
Zand Street

City
Shiraz

Postal code

Approval date
2016-04-10, 1395/01/22

Ethics committee reference number
IR.SUMS.REC.1395.3

Health conditions studied

1

Description of health condition studied
Latent Trigger Point

ICD-10 code
M79.9

ICD-10 code description
Soft Tissue Disorder, Unspecified

Primary outcomes

1

Description
Pain Threshold

Timepoint
72 Hours

Method of measurement
Pressure Algometer

2

Description
Grip Power

Timepoint
72 Hours

Method of measurement
Dinamometer

Secondary outcomes

empty

Intervention groups

1

Description
Kinesio-tape

Category
Treatment - Other

2

Description
Friction Massage

Category
Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Shiraz University of Medical Sciences, School of Rehabilitation Sciences

Full name of responsible person
Saeed Hoseinifard, Iman Rashidi

Street address
Abiverdi 1 Street

City
Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice Chancellor for Research, Shiraz University of Medical Sciences

Full name of responsible person

Dr Seyed Basir Hashemi
Street address
Zand Street
City
Shiraz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice Chancellor for Research, Shiraz University of Medical Sciences
Proportion provided by this source
100
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

Contact
Name of organization / entity
Shiraz University of Medical sciences, School of Rehabilitation Sciences
Full name of responsible person
Marzieh Mohamadi
Position
Student
Other areas of specialty/work
Street address
Abiverdi 1 Street
City
Shiraz
Postal code
Phone
+98 71 3627 1551
Fax
Email
mohamadipt@yahoo.com
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Shiraz University of Medical Sciences, School of Rehabilitation Sciences
Full name of responsible person
Dr Soraya Piroozi
Position
Assistant Professor
Other areas of specialty/work
Street address
Abiverdi 1 Street
City
Shiraz
Postal code
Phone
+98 71 3627 1551
Fax
Email
piroozis@sums.ac.ir
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Shiraz University of Medical Sciences, School of rehabilitation Sciences
Full name of responsible person
Marzieh Mohamadi
Position
Student
Other areas of specialty/work
Street address
Abiverdi 1 Street
City
Shiraz
Postal code
Phone
+98 71 3627 1551
Fax
Email
mohamadipt@yahoo.com
Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty