

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jun 2026

The effect of kinesiotaping on pain, range of motion and proprioception in patients with osteoarthritis of the knee (a crossover study)

Protocol summary

Summary

The aim of this study was to evaluate the effect of kinesiotape on pain and range of motion and knee proprioception in patients with osteoarthritis of the knee. People with knee arthritis diagnosed according to America College of Rheumatology criteria and radiography kellgrance with grades 1-2-3. Before applying the type of pain based on pain questionnaire and active range of motion is measured by a goniometer. Knee deep sense based on the ability to proactively position is measured at three different angles. One group is applied by kinesiotape and the other by sham tape. An hour after this amount of pain, active range of motion and proprioception is gonna be checked to see the effect. Functional testing "6MWT" , "Timed Up and Go Test" will also be checked. 72h after taping patients will come again and pain and range of motion and proprioception and the functional tests will be checked again and tape is removed. After 2 weeks the people in groups are crossed and the procedure is repeated again in all stages for tow groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017020527264N2**

Registration date: **2017-04-02, 1396/01/13**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-04-02, 1396/01/13

Registrant information

Name

Maryam Abolhasani

Name of organization / entity

Sina Hospital, Tehran University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Imam khomeini Hospital

Expected recruitment start date

2017-02-19, 1395/12/01

Expected recruitment end date

2018-03-21, 1397/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of kinesiotaping on pain, range of motion and proprioception in patients with osteoarthritis of the knee (a crossover study)

Public title

Kinesiotape Effect on pain and range of motion in knee osteoarthritis

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria included those over 45 years with osteoarthritis of the knee based on diagnostic criteria (American College of Rheumatology knee pain plus at least three of characteristics: age greater than 50 years, morning stiffness less than 30 minutes, , bone tenderness , bony enlargement, warm untouchable or

osteophytes in knee pain plus radiography as well as at least one of the following characteristics: age greater than 50 years, morning stiffness less than 30 minutes,) grade 2 or 3 (system based on Kellgren and Lawrence). patients should not have had articular corticosteroid injection in 3 months, and PRP gel in a recent year. and also do not have previous treatment with Kinesiotape.

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 30

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Used

Assignment

Crossover

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Tehran University of Medical Sciences Ethics

Street address

Tehran University of Medical Sciences

City

Tehran

Postal code**Approval date**

2016-08-04, 1395/05/14

Ethics committee reference number

94112255001 شماره نامه:IR.TUMS.IKHC.REC.1395.380

Health conditions studied**1****Description of health condition studied**

knee osteoarthritis

ICD-10 code

M17.0

ICD-10 code description

Primary gonarthrosis, bilateral

Primary outcomes**1****Description**

Pain

Timepoint

before and after taping the knee

Method of measurement

VAS questionnaire

2**Description**

Disease duration

Timepoint

before taping the knee

Method of measurement

questionnaire

3**Description**

Range of motion of knee

Timepoint

before and after taping the knee

Method of measurement

goniometer

Secondary outcomes**1****Description**

Up and Go test

Timepoint

after taping

Method of measurement

Time to stand up from the chair and walked three meters and sit in this chair

2**Description**

6MWT

Timepoint

after taping

Method of measurement

distance in 6minutes gone

Intervention groups**1****Description**

Intervention group: Before applying the kinesiotape pain is assessed on the basis of a VAS questionnaire and active range of motion is measured by a goniometer. Knee proprioception is measured at three different angles. Kinesiotape is applied and 1 hour after that pain on the basis of VAS and deep knee sensation by goniometer is measured. Functional tests "6MWT-Up and

Go Test" is gonna be assessed. 72 hours later, patients are referred to the removal of tape prior to it are being re-assessment of pain, range of motion and proprioception and the functional tests.2weeks after,the groups are gonna be crossed.

Category

Rehabilitation

2**Description**

Control group: Sham tape is applied. Before applying the sham-tape pain is assessed on the basis of a VAS questionnaire and active range of motion is measured by a goniometer. Knee proprioception is measured at three different angles. Sham tape is applied and 1 hour after that pain on the basis of VAS and deep knee sensation by goniometer is measured. Functional tests "6MWT-Up and Go Test" is gonna be assessed. 72 hours later, patients are referred to the removal of tape prior to it are being re-assessment of pain, range of motion and proprioception and the functional tests. 2 weeks after, the groups are gonna be crossed.

Category

Rehabilitation

Recruitment centers**1****Recruitment center****Name of recruitment center**

Imam khomeini hospital

Full name of responsible person

Azadeh Hakakzade

Street address

Keshavar Blvd.

City

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Research Vice Chancellor of "Tehran University Of Medical Sciences"

Full name of responsible person

Masood Yoonesian

Street address

" Tehran University Of Medical Sciences"

City

Tehran

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Research Vice Chancellor of "Tehran 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**

Imam khomeini hospital ,Sports medicine ward

Full name of responsible person

Azadeh Hakakzadeh

Position

Sports medicine Resident

Other areas of specialty/work**Street address**

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Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Tehran University Medical Sciences

Full name of responsible person

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Full name of responsible person

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Postal code**Phone****Fax****Email****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