

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Jul 2026

A comparison between quadriceps taping and patellar taping on balance of knee osteoarthritis patients

Protocol summary

Summary

The purpose of this study is to investigate the effect of kinesiology tape on balance of patients with knee osteoarthritis. Inclusion criteria consist of reduced joint space and pain and exclusion criteria include rheumatism, history of surgery and corticosteroid injection. In this study 40 female aged 40-65 years are selected through convenience sampling and then are assigned to two groups. In first group patients receive quadriceps taping and in the other group patients get patellar taping for 24 hours. The effect of this technique are assessed immediately and after 24 hours by modified star test, functional reach test, berg balance scale and step test.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016062528610N1**

Registration date: **2016-11-13, 1395/08/23**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2016-11-13, 1395/08/23

Registrant information

Name

Mohammadreza Bostanian

Name of organization / entity

Rehabilitation Sciences School of Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 3841 2242

Email address

m_bostanian@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University Of Medical Sciences

Expected recruitment start date

2016-11-21, 1395/09/01

Expected recruitment end date

2017-02-19, 1395/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

A comparison between quadriceps taping and patellar taping on balance of knee osteoarthritis patients

Public title

The effect of taping in treatment of patients with knee osteoarthritis

Purpose

Treatment

Inclusion/Exclusion criteria

inclusion criteria: reduce joint space ; pain at anterior and back of patella in two of these activities: up and down stairs; squat; sit to stand ; pain at those activities in almost days in past month; grade 4 pain at VAS
exclusion criteria: rheumatism; corticosteroid injection at least 3 month ago; knee or pelvic surgery; neurologic problems that affect lower limb; use assisting device; pain in other structures of knee and pelvic and back at the same time; history of allergy related to tape.

Age

From **40 years** old to **65 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 40

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shiraz University of Medical Sciences

Street address

In front of Felestin Street, Zand Avenue

City

shiraz

Postal code

1433671348

Approval date

2016-06-14, 1395/03/25

Ethics committee reference number

IR.SUMS.REC.1395.52

Health conditions studied

1

Description of health condition studied

knee osteoarthritis

ICD-10 code

M17

ICD-10 code description

Gonarthrosis [arthrosis of knee]

Primary outcomes

1

Description

balance

Timepoint

before intervention, immediate and after 24 hours

Method of measurement

modified star test, functional reach test, berg test

Secondary outcomes

1

Description

function

Timepoint

before intervention, immediate and after 24 hours

Method of measurement

step test

Intervention groups

1

Description

first group: I strip quadriceps taping from the last one third of femur to superior pole of patella and then Y strip that pass from sides of patella and attach to tibial tuberosity . tension is 25%. assessments are before, immediate and 24 hours after taping.

Category

Rehabilitation

2

Description

second group: I strip from medial side of patella to lateral. tension is 50%. assessments are before, immediate and 24 hours after taping

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Rehabilitation Sciences School of Shiraz University of Medical Sciences

Full name of responsible person

Farzane Moslemi Haghighi

Street address

Abiverdi No.1 St., Shahid Chamran

City

shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Dr. Sayed Basir Hashemi

Street address

In front of Felestin Street, Zand Avenue.

City

shiraz

Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
 Yes
Title of funding source
 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
 Rehabilitation Sciences School of Shiraz University of Medical Sciences
Full name of responsible person
 Mahsa Zare
Position
 Bachelor student
Other areas of specialty/work
Street address
 Rehabilitation Sciences School, Abiverdi No.1 St., Shahid Chamran Blvd.
City
 shiraz
Postal code
 7194733669
Phone
 +98 71 3627 1552
Fax
 +98 71 3627 2459
Email
 mh_zareda@sums.ac.ir
Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
 Rehabilitation Sciences School of Shiraz University of Medical Sciences
Full name of responsible person
 Farzane Moslemi Haghighi
Position
 Master of science/ Faculty member
Other areas of specialty/work

Street address
 Rehabilitation Sciences school, AbiverdiNo.1, Shahid Chamran Blvd
City
 shiraz
Postal code
 7194733669
Phone
 +98 71 3627 1551
Fax
 +98 71 3627 2495
Email
 moslemif@sums.ac.ir
Web page address

Person responsible for updating data

Contact

Name of organization / entity
 Rehabilitation Sciences School of Shiraz University of Medical Sciences
Full name of responsible person
 Mohammadreza Bostanian
Position
 Bachelor student
Other areas of specialty/work
Street address
 shiraz, chamran BLVD, abiverdy 1 avenue No.1 St., Shahid Chamran Blvd
City
 shiraz
Postal code
 7194733669
Phone
 +98 71 3627 1551
Fax
 +98 71 3627 2459
Email
 m_bostanian@sums.ac.ir
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