

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

The effect of Patellar Taping in Management of The Patellofemoral Pain Syndrome

Protocol summary

Summary

The aim of present study is to determine effects of patellar taping on treatment of patients with patellofemoral pain syndrome. Study population consists of 30 patellofemoral pain syndrome patients aged 20-60 years. Inclusion criteria contain knee pain patients due to patellofemoral pain syndrome and exclusion criteria contain knee pain from other sources such as meniscal and ligamentum injuries. Patients will be randomly divided into two groups: control and test. Control group will take routine physiotherapy treatment including electrotherapy, therapeutic exercise, manual therapy and patient education. Test group will take patellar tapping in addition to the routine treatment. Each patient will treat for ten sessions as three sessions per week. Study variables including pain intensity, disability, and radiographic parameters including Lateral Patellofemoral Angle, Lateral Patellar Displacement, Patellofemoral Congruency Angle which will be measured for each patient before and after intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201111012851N2**
Registration date: **2011-11-25, 1390/09/04**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2011-11-25, 1390/09/04

Registrant information

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Babol University of Medical Sciences

Expected recruitment start date

2011-11-22, 1390/09/01

Expected recruitment end date

2012-05-21, 1391/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Patellar Taping in Management of The Patellofemoral Pain Syndrome

Public title

The effect of Patellar Taping in Management of The Patellofemoral Pain Syndrome

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Patients with patellofemoral pain syndrome. Exclusion criteria: Patients with knee pain due to other injuries such as fractures, meniscal and ligamentum injuries.

Age

From **20 years** old to **60 years** old

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)

Double blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Babol University of Medical Sciences

Street address

Ganj afrooze street

City

Babol

Postal code

Approval date

2011-10-15, 1390/07/23

Ethics committee reference number

4948

Health conditions studied

1

Description of health condition studied

Patellofemoral pain syndrome

ICD-10 code

M22.4

ICD-10 code description

Chondromalacia patellae

Primary outcomes

1

Description

Pain intensity

Timepoint

Befor & After intervention

Method of measurement

Visual Analogue Scale

2

Description

Lateral Patellofemoral Angle

Timepoint

Befor & After intervention

Method of measurement

Radiography

3

Description

Lateral Patellar Displacement

Timepoint

Befor & After intervention

Method of measurement

Radiography

4

Description

Patellofemoral Congruency Angle

Timepoint

Befor & After intervention

Method of measurement

Radiography

Secondary outcomes

1

Description

Functional disability

Timepoint

Befor & After intervention

Method of measurement

KOOS questionnaire

Intervention groups

1

Description

Control: Routin physiotherapy including: IR, Pain-relieving modalities, Ultrasound, Exercise therapy, Muscle stretching, Patellar mobilization, Patient education

Category

Rehabilitation

2

Description

Intervention: Patellar tapping in addition to Routin physiotherapy including: IR, Pain-relieving modalities, Ultrasound, Exercise therapy, Muscle stretching, Patellar mobilization, Patient education

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid beheshti hospital

Full name of responsible person

Street address

City

Babol

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Babol University of Medical sciences

Full name of responsible person

Bijani Ali

Street address

Manager of reseach affairs, Babol University of
Medical Sciences, Ganj afrooze street

City

Babol

Grant name

Grant code / Reference number

**Is the source of funding the same sponsor
organization/entity?**

Yes

Title of funding source

Babol 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

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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