Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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
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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

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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