

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

28 Jun 2026

### The comparison of biomechanical and muscular parameters between patellofemoral taping and patella stabilizer brace methods in women with patellofemoral syndrom during the stance phase of running

#### Protocol summary

##### Summary

general aim of this study: comparing of patella taping and brace on the biomechanical and muscular parameters of the lower extremities in women with pfps onl the stance phase of running and also comparison of these parameters between healthy group as control group and pfps group without brace and tape. subjects: A total of 30 subjects participated in this trial study in control (healthy)and PFPS groups (n = 15 per group) . the healthy group does not receive any intervention. the patellofemoral pain syndrome group will asses immediately after three stages including: with brace , with tape and without any intervention that the order of these stages will be randomly. resting interval will be consider between three stages. Inclusion criteria: healthy subjects and patients with patellofemoral pain syndrome aged 20-40 years. Exclusion criteria: history of back and lower extremities surgery-history of serious knee trauma at recent 6 months or mild trauma at recent 2 months - use steroidal drugs- low back and sacroiliac pain, history of neurological , rheumatologic and musculoskeletal disease- regular exercises - age over 40 years - history of Physiotherapy treatment. Interventions:kinematic and kinetic variables of lower extremity, muscular activity of Gluteus medius, biceps femoris, vastus medialis ana lateralis in three dimensions in women with patellofemoral syndrome during stance phase of running with patella taping compare to brace. outcome of this study: this study will do for comparing mentioned variables between healthy group and patellofemoral group without any intervention and in the next stage for comparing two management methods includind taping and bracing in patellofemoral group that the results of this study can help physicians to prescribe effective treatment for patients with patellofemoral pain syndrome.

#### General information

##### Acronym

-

##### IRCT registration information

IRCT registration number: **IRCT201407272851N3**

Registration date: **2014-09-01, 1393/06/10**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2014-09-01, 1393/06/10

##### Registrant information

###### Name

Mohammad Taghipour

###### Name of organization / entity

Babol University of Medical Sciences

###### Country

Iran (Islamic Republic of)

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###### Email address

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##### Recruitment status

**Recruitment complete**

##### Funding source

Babol university of medical sciences

##### Expected recruitment start date

2014-08-23, 1393/06/01

##### Expected recruitment end date

2015-03-21, 1394/01/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

**Trial completion date**

empty

**Scientific title**

The comparison of biomechanical and muscular parameters between patellofemoral taping and patella stabilizer brace methods in women with patellofemoral syndrom during the stance phase of running

**Public title**

The comparison between patellofemoral taping and patella stabilizer brace methods on patellofemoral syndrom

**Purpose**

Health service research

**Inclusion/Exclusion criteria**

Inclusion criteria: healthy subjects ; patients with patellofemoral pain syndrome; aged 20-40 years.  
Exclusion criteria: history of back and lower extremities surgery; history of serious knee trauma at recent 6 months or mild trauma at recent 2 months ; use steroidal drugs; low back and sacroiliac pain; history of neurological; rheumatologic and musculoskeletal disease; regular exercises; age over 40 years; history of Physiotherapy treatment

**Age**

From **20 years** old to **40 years** old

**Gender**

Female

**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**

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**

keshavarz blv.

**City**

babol

**Postal code**

47176-47745

**Approval date**

2014-07-08, 1393/04/17

**Ethics committee reference number**

4323

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

patellofemoral pain syndrome

**ICD-10 code**

m 17.9

**ICD-10 code description**

Gonarthrosis, unspecified

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

kinematic variables

**Timepoint**

before and after intervention

**Method of measurement**

motion analyzer cameras

**2****Description**

kinetic variables

**Timepoint**

before and after intervention

**Method of measurement**

force plate

**3****Description**

mucular variables

**Timepoint**

before and after intervention

**Method of measurement**

EMG

**Secondary outcomes**

empty

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

control group: without brace and tape

**Category**

Rehabilitation

**2**

**Description**

intervention group: with brace and immediately after patella brace, we will asses mentioned variables

**Category**

Rehabilitation

**3**

**Description**

intervention group: with tape and immediately after patella taping, we will asses mentioned variables

**Category**

Rehabilitation

**4**

**Description**

intervention group: without brace and tape

**Category**

Rehabilitation

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

Shahid Beheshti Hospital

**Full name of responsible person**

Somayeh Hosseinzadeh

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**City**

Babol

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Babol University of Medical Sciences

**Full name of responsible person**

Dr. Bijani

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Keshavarz blv.

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**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**

Babol University Of Medical Sciences

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**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*