

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Comparing the effects of Neoprene palumbo & Geno direxa stable orthoses on pain & daily activities in patients with Patello Femoral Pain Syndrome

#### Protocol summary

##### Summary

The aim of this study was to compare the effect of orthosis on pain and daily activities of patients with patellofemoral pain syndrome. In this clinical trial, thirty men aged 18-40 years old with patellofemoral pain syndrome referred to Arak Valiasr hospital nonrandomly assigned into one of two groups to use Genodirex stable or Neoprene Palumbo orthosis. Using VAS score and KOOS questionnaire, ADL activities and joint stiffness were assessed before and 3 weeks after the treatment.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT138810293101N1**  
Registration date: **2010-03-06, 1388/12/15**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2010-03-06, 1388/12/15

##### Registrant information

##### Name

Mohamad Sadegh Ghasemi

##### Name of organization / entity

Iran University of Medical Science

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 2222 9086

##### Email address

m.s.ghasemi@iums.ac.ir

#### Recruitment status

##### Recruitment complete

##### Funding source

Vice chancellor for Research, Iran University of Medical Science

##### Expected recruitment start date

2008-01-15, 1386/10/25

##### Expected recruitment end date

2008-07-20, 1387/04/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparing the effects of Neoprene palumbo & Geno direxa stable orthoses on pain & daily activities in patients with Patello Femoral Pain Syndrome

##### Public title

Comparing the effects of two orthoses on pain & daily activities in patients with Patello Femoral Pain Syndrome

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion Criteria: VAS score 4, BMI of 25 - 26.5, Presence of Patello Femoral Pain Syndrome within 4 months prior to the study, Age 18-40 years old Exclusion Criteria: Previous surgery, deformity, or limitation of motion in the lower limb

##### Age

From **18 years** old to **40 years** old

##### Gender

Male

##### Phase

N/A

#### Groups that have been masked

No information

### Sample size

Target sample size: 30

### Randomization (investigator's opinion)

Not 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

Iran University of Medical University, Faculty of Rehabilitation, Ethics Committee

##### Street address

Mohseni SQ, Shahnazari Street

##### City

Tehran

##### Postal code

4391-15875

##### Approval date

2008-01-30, 1386/11/10

##### Ethics committee reference number

124 (2008-01-30)

## Health conditions studied

### 1

#### Description of health condition studied

Patello Femoral Pain Syndrome

#### ICD-10 code

M22.2

#### ICD-10 code description

Patellofemoral disorders

## Primary outcomes

### 1

#### Description

Patello Femoral Pain and daily activities

#### Timepoint

Pre and 3 weeks Post

#### Method of measurement

VAS scale and KOOS Questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Neoprene palumbo orthosis

#### Category

Other

### 2

#### Description

Geno direxa stable orthosis

#### Category

Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Iran University of Medical Sciences, Faculty of Rehabili

##### Full name of responsible person

Mr. Majid Sharafi

##### Street address

Student Research Committe, Iran University of Medical University Faculty of Rehabilitation

##### City

Tehran

### 2

#### Recruitment center

##### Name of recruitment center

Vali Aser (AJ) Hospital

##### Full name of responsible person

##### Street address

##### City

Arak

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Vice-chancellor for Research, Iran University of Medical University

##### Full name of responsible person

Dr M.Moradi Lakeh

##### Street address

Hemat Express Way

##### City

Tehran

#### Grant name

#### Grant code / Reference number

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

Yes

**Title of funding source**

Vice-chancellor for Research, Iran University of Medical University

**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**

Faculty of Rehabilitation, Iran University of Medical University

**Full name of responsible person**

Dr Mohamad Sadegh Ghasemi

**Position**

Professor assistant, PhD

**Other areas of specialty/work**

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**Web page address**

**Person responsible for updating data**

**Contact**

**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*