

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Comparison of the Effect of Kinesio Taping on Dynamic Balance between Male and Female with unilateral Patellofemoral Pain Syndrome (PFPS)

Protocol summary

Study aim

Examining the effect of kinesio tape on dynamic balance using the Y test before and after the use of tape in women and men and comparing the impact of kinesio tape on dynamic balance between the two groups of women and men with patellofemoral pain syndrome.

Design

Non- randomized Quasi Experimental clinical Trial

Settings and conduct

Physical therapy clinic of shahid Sadoughi Hospital in Isfahan

Participants/Inclusion and exclusion criteria

Inclusion criteria: subject from both genders with patellofemoral pain Exclusion criteria: other problem and diseases associated with knee pain and participants balance

Intervention groups

Two groups of women and men: Kinesio tape is bonded to kenzo kase method for the correction of the external glide patella. The tape is measured on the patient's patella that is to be corrected. Cut the tape and use Y's cutting in this technique. 2 cm First, fasten the base without tension out the patella when it is flat or bent 20 to 30 degrees. We hold our hands on this piece, and pull the base with a stretch of 50-75%, along with a patella to the inside. The tape is drawn to the inside and the bottom. To the middle of the patella, the base of the patella ends and knees bend while fastening the tape and patella correction. While we hold the base of the patella and bend the knee, the first trail is fastened 15 to 25 percent tension to the top of the patella and the second trail with the same stretch is fastened to bottom of the patella. Finally, the final part of the trails fasten tensile-free. before and after the tape, the dynamic balance is measured by the Y test.

Main outcome variables

pain; dynamic balance

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181001041197N1**

Registration date: **2018-11-03, 1397/08/12**

Registration timing: **registered_while_recruiting**

Last update: **2018-11-03, 1397/08/12**

Update count: **0**

Registration date

2018-11-03, 1397/08/12

Registrant information

Name

Zainab Hosseini

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-07-15, 1397/04/24

Expected recruitment end date

2019-03-15, 1397/12/24

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the Effect of Kinesio Taping on Dynamic Balance between Male and Female with unilateral Patellofemoral Pain Syndrome (PFPS)		applied to both, before and after tape, each group is evaluate, and then the two groups are compared.	
Public title		Secondary Ids	
Comparison of the Effect of Kinesio Taping on Dynamic Balance between Male and Female with unilateral Patellofemoral Pain Syndrome (PFPS)		empty	
Purpose		Ethics committees	
Treatment		1	
Inclusion/Exclusion criteria		Ethics committee	
Inclusion criteria:		Name of ethics committee	
Presence anterior or retro patella Pain only in one leg The report of pain at least in two of the functional activities throughout the day: squatting, running, climbing, kneeling and prolonged sitting The pain will be reported in the single leg squat test on the leg involved at 45 degree angle for 10 seconds Score of at least 3 by the person himself on the visual analog scale (VAS) The McConnell test shows lateral glide No received any rehabilitation treatment for knee joint for 3 months before entering the study. Inactivity in certain sports Gradual onset of pain for at least 8 weeks Age between 18-40 years		Ethics Committee of Isfahan University of Medical Sciences	
Exclusion criteria:		Street address	
Traumatic, inflammatory and inflammatory lesions in the lower extremities Dislocation and subluxation of the patella History of surgery on the knees and the areas of the lower back, pelvis or lower extremities Any signs of knee osteoarthritis in X-ray The presence of fractures or deformities in the knees and lower extremities 135 degree knee limitation in sagittal plane History of neurological, rheumatologic and musculoskeletal disorders in lower limbs History of dizziness, uncorrected vision problems and internal ear disorders Pain in the waist, pelvis and sacroiliac The presence of lower limb dysfunction Corticosteroid injections and received physiotherapy in the last 3 months and received opioid and analgesic drugs in the last 72 hours		Secretariat of the Ethics Committee, Room 209, Second Floor, Building No. 4, Isfahan University of Medical Sciences, Hezar Jerib Street, Isfahan, Iran	
Age		City	
From 18 years old to 40 years old		Isfahan	
Gender		Province	
Both		Isfahan	
Phase		Postal code	
N/A		81745-164	
Groups that have been masked		Approval date	
No information		2018-07-15, 1397/04/24	
Sample size		Ethics committee reference number	
Target sample size: 38		IR.MUI.RESEARCH.REC.1397.040	
Randomization (investigator's opinion)		Health conditions studied	
N/A		1	
Randomization description		Description of health condition studied	
Blinding (investigator's opinion)		patellofemoral pain syndrome	
Not blinded		ICD-10 code	
Blinding description		M22.4	
Placebo		ICD-10 code description	
Not used		Chondromalacia patellae	
Assignment		Primary outcomes	
Single		1	
Other design features		Description	
Participants are divided into two groups of women and men, and a homogeneous intervention (kinesio Tape) is		dynamic balance	
		Timepoint	
		before and after intervention	
		Method of measurement	
		Y balance test	
		Secondary outcomes	
		empty	
		Intervention groups	
		1	
		Description	
		Intervention group: In both groups, men and women	

undergo intervention. In both groups, the kinesio tape is applied onto the patella to correct the alignment. This research is done on two groups of women and men with patello femoral pain syndrome, aged 18 to 40 years. The sample size for each group is 19 people. Individuals are enrolled in the study through convenient sampling. After examining the criteria for entry and exit by the physiotherapist and completing the consent form and demographic form, the subjects are enrolled and the ability to maintain balance is examined through the Y balance test. To perform the Y test, the barefoot person stands in the center of the way and performs 6 times to avoid learning effects in each direction. Then rest for 5 minutes and again at the center of the Y-shaped marks with the affected foot and in each direction performs 3 times the test with a healthy foot. We calculate the maximum recorded distance in each direction and divide it by the length of the lower limb and then multiply in 100 to achieve distance by percentage of foot length. This test is performed on the affected limb, in conditions with and without tape. Their balance is determined through the Y balance test before and after the intervention. Patients' pain intensity is determined by the Visual Analog Scale (VAS), in which the person is told to squat one leg up to a 45 degree angle and hold it for 10 seconds, and then they are asked to rate their pain. Line 10 cm. The zero number represents painless, and the number 10 represents the maximum amount of pain imaginable. People undergoing pain should have at least 3 upwards that are considered in the criteria for entry. The second stage of the test, after 5 minutes of rest, occurs at this stage, the person lying on the bed and limb Involved, with the aim of creating a medial glide, by kinesiotape, with a stretching of 50-75%. In this study, the Temtex TKT-012 kinesiology tape is used. The efficiency of the taping technique is reduced by about 50% in the intensity of pain, after the patella taping compared to the previous one after a single leg squat test. Otherwise, the taping will be repeated again. Once again, the severity of pain is recorded by the visual analog scale (VAS) after the taping, and the Y balance test is also performed.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Sadoghi hospital

Full name of responsible person

Zainab hosseini

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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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

Isfahan University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

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Full name of responsible person

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Latest degree

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

No more information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available