

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

03 Jul 2026

### Investigation of the effect of patellar taping on pain intensity & functional status on patients with medial meniscal injury

#### Protocol summary

##### Study aim

The aim of this study is to investigate the effect of patellar taping on the pain and functional status of patients with medial meniscal injury

##### Design

In this study, patients are randomly divided into two groups. There are 15 patients in each group. The Kinesio tape group receives tape and the exercise program and the control group receive only the exercise program. Both groups are treated for 4 weeks. Patients are evaluated before and after treatment

##### Settings and conduct

This study is conducted to investigate the effect of interventions on the pain and function of patients with medial meniscal injury clinic of Shiraz Rehabilitation Sciences Faculty. In this study, patients are divided into two groups, main intervention and control groups, and treated for 4 weeks. Before starting the study, all subjects are evaluated for the outcomes and also they evaluated after the end of the treatment period again. In this study, all evaluations will be done by a therapist and all treatments will be done by another therapist.

##### Participants/Inclusion and exclusion criteria

Patients with internal damage to the knee with a diagnosis of internal degenerative damage, which has Kellgren-Lawrence Grade 0, 1 or 2 These people should not have a history of knee and lower extremity surgery or balance problems

##### Intervention groups

Kinesio tape group: The group is treated with tape and a specific sports program for four weeks, every other day. Control group: This group receives a specific sports program that individuals should undertake under the supervision of a physiotherapist three times a week.

##### Main outcome variables

1- one leg hop 2- one leg rising 3- square hop 4- Knee Injury and Osteoarthritis Outcome 5- pain intensity

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20171122037576N4**

Registration date: **2019-08-08, 1398/05/17**

Registration timing: **prospective**

Last update: **2019-08-08, 1398/05/17**

Update count: **0**

##### Registration date

2019-08-08, 1398/05/17

##### Registrant information

##### Name

Mohammad Hadadi

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 71 3627 1551

##### Email address

hadadim@sums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2019-08-23, 1398/06/01

##### Expected recruitment end date

2019-12-22, 1398/10/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Investigation of the effect of patellar taping on pain intensity & functional status on patients with medial meniscal injury

**Public title**

effect of taping on medial meniscal injury

**Purpose**

Treatment

**Inclusion/Exclusion criteria****Inclusion criteria:**

medial knee pain experienced during the last 1-3 months without a trauma degenerative tear in the medial meniscus as diagnosed by the radiologist on magnetic resonance imaging grade 0, 1, or 2 Kellgren and Lawrence (K-L) based on radiographic or MRI Individuals do not need to undergo surgery based on classifications and physician opinion

**Exclusion criteria:**

Knee locking or traumatic injury that requires surgery history of previous surgery around the knee joint Tumors suspected of malignancy Balance and neurological impairment Lower limb pain except knee joint

**Age**

From **35 years** old to **50 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**

patients are randomly divided into two groups of Kinesio Tape and controls based on blocked randomization method. In this study, the block size of 4 was selected. The blocks were arranged randomly. The participants were assigned to groups with a ratio of 1: 1. To blind the allocation of participants to the groups, sequentially numbered, sealed, opaque envelopes are used. It should be noted that the testers of this study will be unaware of the randomization stage, and this will be done by another person.

**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**

Ethics Committee on Research in the Faculty of Rehabilitation Sciences

**Street address**

School of Rehabilitation Sciences - Abiverdi 1 St. - Chamran Blvd. - Shiraz - Iran

**City**

Shiraz

**Province**

Fars

**Postal code**

33669-71947

**Approval date**

2019-08-16, 1398/05/25

**Ethics committee reference number**

IR.SUMS.REHAB.REC.1398.009

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

medial meniscal injury

**ICD-10 code**

S83.20

**ICD-10 code description**

Tear of unspecified meniscus, current injury

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

one leg hop outcome

**Timepoint**

Before starting the study and 4 weeks after starting the study

**Method of measurement**

Measure the distance the patient can hop

**2****Description**

one leg rising outcome

**Timepoint**

Before starting the study and 4 weeks after starting the study

**Method of measurement**

one leg rising test score

**3****Description**

square-hop outcome

**Timepoint**

Before starting the study and 4 weeks after starting the study

**Method of measurement**

square-hop test score

#### 4

**Description**

Knee injury and Osteoarthritis outcome

**Timepoint**

Before starting the study and 4 weeks after starting the study

**Method of measurement**

KOOS questionnaire score

#### 5

**Description**

pain intensity outcome

**Timepoint**

Before starting the study and 4 weeks after starting the study

**Method of measurement**

Pain Numeric Rating Scale

### Secondary outcomes

empty

### Intervention groups

#### 1

**Description**

Intervention group: participants in this group receive exercise with knee Kinesio taping for 4 weeks, every other day. the exercises include: Stretching of knee extensors and flexors, Knee extension in sitting position, Knee flexion in sitting position, Stationary bicycling, Half squats with \45 of flexion with weights, Squats with full flexion with weights

**Category**

Rehabilitation

#### 2

**Description**

Control group: participants in this group receive an exercise for 4 weeks, every other day. the exercises include: Stretching of knee extensors and flexors, Knee extension in sitting position, Knee flexion in sitting position, Stationary bicycling, Half squats with \45 of flexion with weights, Squats with full flexion with weights

**Category**

Rehabilitation

### Recruitment centers

#### 1

**Recruitment center****Name of recruitment center**

Rehabilitation Clinic of Shiraz Rehabilitation Sciences Faculty

**Full name of responsible person**

Mohammad Hadadi

**Street address**

School of Rehabilitation Sciences - Abiverdi 1 St. -

Chamran Blvd. - Shiraz - Iran

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**Province**

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**Postal code**

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**Phone**

+98 71 3627 1552

**Email**

hadadi.to7@gmail.com

### Sponsors / Funding sources

#### 1

**Sponsor****Name of organization / entity**

Shiraz University of Medical Sciences

**Full name of responsible person**

Mohammad Hadadi

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School of Rehabilitation Sciences - Abiverdi 1 St. - Chamran Blvd. - Shiraz - Iran

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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**

Shiraz 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**

Shiraz University of Medical Sciences

**Full name of responsible person**

Mohammad Hadadi

**Position**

assistant professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Orthopedics

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**Person responsible for scientific inquiries****Contact****Name of organization / entity**

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Shiraz University of Medical Sciences

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**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

**Study Protocol**

Undecided - It is not yet known if there will be a plan to make this available

**Statistical Analysis Plan**

Undecided - It is not yet known if there will be a plan to make this available

**Informed Consent Form**

Undecided - It is not yet known if there will be a plan to make this available

**Clinical Study Report**

Undecided - It is not yet known if there will be a plan to make this available

**Analytic Code**

Not applicable

**Data Dictionary**

Not applicable