

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

21 Jun 2026

### Effect of kinesiotaping on functional hamstring/quadriceps ratio in patients with knee osteoarthritis

#### Protocol summary

##### Summary

The objective of this randomized clinical trial is to evaluate the effect of kinesio taping on functional hamstring/quadriceps ratio in patients with knee osteoarthritis. In this study 40 patients with mechanical knee pain, age>50 years , with morning stiffness less than 30 minutes, crimpet and a radiologic finding of knee osteoarthritis will be recruited and randomly assigned into intervention or control group. The subjects in the intervention group will receive one session kinesiotaping on hamstring and quadriceps muscles. Kinesiotaping remains for 48 hours on investigated muscles. The subjects in control group will receive no intervention. Functional ratio of hamstring torque to quadriceps torque will be measured before the intervention, immediately after and after 48 hours, and will be compared between 2 groups.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201605184203N13**

Registration date: **2016-09-10, 1395/06/20**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-09-10, 1395/06/20

##### Registrant information

###### Name

Atefeh Aminian Far

###### Name of organization / entity

Semnan University of Medical Sciences

###### Country

Iran (Islamic Republic of)

##### Phone

+98 23 1335 4180

##### Email address

aminianfar@razi.tums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice chancellor for research, Semnan University of Medical Sciences

##### Expected recruitment start date

2016-06-20, 1395/03/31

##### Expected recruitment end date

2016-08-21, 1395/05/31

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of kinesiotaping on functional hamstring/quadriceps ratio in patients with knee osteoarthritis

##### Public title

Kinesiotape and knee osteoarthritis

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: mechanical knee pain; age>50 years; morning stiffness less than 30 minutes; crimpet; radiologic finding of knee osteoarthritis. Exclusion criteria: knee surgery; knee intra articular injection of steroids 3 weeks before study; physiotherapy or exercise therapy in last 2 weeks; neurologic or cardiac problems; pain in 0-90 knee flexion range of motion.

##### Age

From **45 years** old to **70 years** old

##### Gender

Both

## Phase

3

## Groups that have been masked

No information

## Sample size

Target sample size: 40

## 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

Ethics committee of Semnan University of Medical Sciences

##### Street address

Vice Chancellor for Research and Technology Semnan University of Medical Sciences , Basij Blvd, Semnan, Iran.

##### City

Semnan

##### Postal code

##### Approval date

2016-02-09, 1394/11/20

##### Ethics committee reference number

ir.semums.rec.1394.175

## Health conditions studied

### 1

#### Description of health condition studied

arthrosis of knee

#### ICD-10 code

M17

#### ICD-10 code description

(Gonarthrosis (arthrosis of knee

## Primary outcomes

### 1

#### Description

Hamstring to quadriceps torque ratio.

#### Timepoint

before intervention, Immediately after intervention, 48 hours after intervention

## Method of measurement

Biodex system

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Control group: No intervention

#### Category

Rehabilitation

### 2

#### Description

Intervention group: Applying of kinesiotaping of knee joint for 48 hours, continuously.

#### Category

Rehabilitation

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Neuromuscular Rehabilitation Research Center of Semnan University of Medical Sciences.

##### Full name of responsible person

Dr Atefeh Aminian Fr

##### Street address

Neuromuscular Rehabilitation Research Center, Ghods Blvd, Semnan.

##### City

Semnan

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Vice-chancellor for research, Semnan University of Medical Sciences

##### Full name of responsible person

Dr, Ali Rashidipour

##### Street address

Vice Chancellor for Research and Technology of Semnan University of Medical Sciences, Bassij Blvd, Semnan, Iran.

##### City

Semnan

#### 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, Semnan 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**

Semnan University of Medical Sciences

**Full name of responsible person**

Dr. Atefeh Aminian Far

**Position**

Ph.D of Physiotherapy/ Assistant Professor

**Other areas of specialty/work****Street address**

Semnan University of Medical Sciences, Kilometer 5 Damghan road, Semnan, Iran.

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**Postal code****Phone**

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**Fax****Email**

aminfar@semums.ac.ir; aminfar83@yahoo.com

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

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**Full name of responsible person**

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aminfar@sem-ums.ac.ir; aminfar83@yahoo.com

**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*