

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

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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