

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Jul 2026

Effects of routine physical therapy with and without kinesio taping on postural control in spastic diplegic Cerebral palsy children

Protocol summary

Study aim

To determine effects of routine physical therapy with and without kinesiology taping on postural control in spastic diplegic cerebral palsy in children

Design

Single blinded, parallel groups, Randomized controlled trial

Settings and conduct

Setting was University of Lahore teaching hospital, Lahore. Study was single blinded.

Participants/Inclusion and exclusion criteria

Inclusion Criteria • Diagnosed Spastic diplegic Cerebral Palsy in children • Both male and female • Age ranges from 2 to 8 years. • Classified in GMFCS LEVEL I-II • Spastic diplegic CP with kyphosis and sitting problem. • The muscle tone of lower limbs ranged according to the Modified Ashworth Scale (MAS) for grade 1 to +1. Exclusion Criteria • Hip dislocation, Kyphosis, Severe spasticity • Previous history of spinal or hip surgery • Botulinum toxin injection in the past 6 month • Previous history of hypersensitivity reaction to KT

Intervention groups

Group A received KT in addition to routine physical therapy Group B received only physical therapy.

Main outcome variables

Main variables were postural control in standing and sitting

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20191218045787N1**

Registration date: **2020-02-26, 1398/12/07**

Registration timing: **retrospective**

Last update: **2020-02-26, 1398/12/07**

Update count: **0**

Registration date

2020-02-26, 1398/12/07

Registrant information

Name

Zain ul abbas

Name of organization / entity

University of Lahore

Country

Pakistan

Phone

+92 56 3785097

Email address

zain.abbas@uipt.uol.edu.pk

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-07-23, 1398/05/01

Expected recruitment end date

2019-11-30, 1398/09/09

Actual recruitment start date

2019-07-26, 1398/05/04

Actual recruitment end date

2019-12-19, 1398/09/28

Trial completion date

2641-03-10, 2019/12/19

Scientific title

Effects of routine physical therapy with and without kinesio taping on postural control in spastic diplegic Cerebral palsy children

Public title

Effects of routine physical therapy with and without kinesio taping on postural control in spastic diplegic Cerebral palsy children

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Diagnosed Spastic diplegic Cerebral Palsy in children
Both male and female Age ranges from 2 to 8 years
Classified in GMFCS LEVEL I-II Spastic diplegic CP with
kyphosis and sitting problem. The muscle tone of lower
limbs ranged according to the Modified Ashworth Scale
(MAS) for grade 1 to +1.

Exclusion criteria:

Botulinum toxin injection in the past 6 month• Hip
dislocation, Kyphosis, Severe spasticity Previous history
of spinal or hip surgery Previous history of
hypersensitivity reaction to KT

Age

From **2 years** old to **8 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **60**

Actual sample size reached: **53**

Randomization (investigator's opinion)

Randomized

Randomization description

we allocated numbers to participants in advance and
then generated a table of random numbers based on
these numbers. Simple randomization was done with the
help of a random number table generated with excel.
The first number was allocated to group-A and the
second number was allocated to group-B and the same
pattern was followed for the rest of the study
participants for treatment allocation.

Blinding (investigator's opinion)

Single blinded

Blinding description

It was a single blinded study. The assessor was blinded .
while ensuring confidentiality. An initial assessment of all
patients was done by a trained physical therapist before
allocation who was not allowed any access to allocation
process and treatment. The treatment plan for both
groups was executed by the researcher himself. post trial
assessment was performed by a physiotherapist having
more than 5 years of experience in clinical field.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Institutional review board Faculty of Allied health
sciences

Street address

1-km defence road Lahore

City

Lahore

Postal code

54000

Approval date

2019-04-26, 1398/02/06

Ethics committee reference number

IRB-UOL-FAHS/522/2019

Health conditions studied

1

Description of health condition studied

Cerebral Palsy

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Postural control in standing and sitting

Timepoint

At baseline, at 3rd week, at 6th week, 9th week and 12th
week

Method of measurement

Gross motor function classification system

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group:

Category

Rehabilitation

2

Description

Control group:

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
University of Lahore teaching hospital
Full name of responsible person
Dr Wardah Raoof
Street address
1-Km Defence road Lahore
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+92 42 32560865
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wardah.rauf@uipt.uol.edu.pk

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
The University of Lahore
Full name of responsible person
Prof Dr. Ashfaq Ahmad
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1-km defence road lahore
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ashfaq.ahmad@uipt.uol.edu.pk
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
The University of Lahore
Proportion provided by this source
100
Public or private sector
Private
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

Zain UI Abbas
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Lecturer
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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

There is no further 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