Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

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

Protocol summary

Study aim
To determine effects of routine physical therapy with and without kinesiology tapping on postural control in spastic diaplegic 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 diaplegic Cerebral pasly children

Public title
Effects of routine physical therapy with and without kinesio taping on postural control in spastic diaplegic Cerebral pasly 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 reviw 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
City
Lahore
Postal code
54000
Phone
+92 42 32560865
Email
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
Street address
1-km defence road lahore
City
Lahore
Postal code
54000
Phone
+92 42 32300865
Email
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
University of Lahore
Full name of responsible person
Zain Ul Abbas
Position
Lecturer
Latest degree
Bachelor
Other areas of specialty/work
Physiotherapy
Street address
56A, Jafria Colony, Bund Road, Lahore
City
Lahore
Province
Punjab
Postal code
54000
Phone
+92 56 3785097
Fax
Email
zain.abbas@uipt.uol.edu.pk

Person responsible for scientific inquiries

Contact
Name of organization / entity
University of Lahore
Full name of responsible person
Zain Ul Abbas
Position
Lecturer
Latest degree
Bachelor
Other areas of specialty/work
Physiotherapy
Street address
56A, Jafria Colony, Bund Road, Lahore
City
Lahore
Province
Punjab
Postal code
54000
Phone
+92 56 3785097
Fax
Email
zain.abbas@uipt.uol.edu.pk

Person responsible for updating data

Contact
Name of organization / entity
University of Lahore
Full name of responsible person
Zain Ul Abbas
Position
Lecturer
Latest degree
Bachelor
Other areas of specialty/work
Physiotherapy

Street address
56A, Jafria Colony, Bund Road, Lahore
City
Lahore
Province
Punjab
Postal code
54000
Phone
+92 56 3785097
Fax
Email
zain.abbas@uipt.uol.edu.pk

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