

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Effect of Taping on low back pain during menstruation in female student

#### Protocol summary

##### Summary

Objectives: This study has been designed to investigate the effect of kinesio-taping on pain reduction in young female with menstrual low back pain Design: Randomized control trial. Setting and conduct: 60 subjects will be allocated randomly in one of the control (n=30) or experimental group (n=30). Participants including major eligibility criteria: Young female students with menstrual low back pain. Exclusion Criteria includes reporting of any diseases that may induce low back pain Intervention: Using kinesio taping with H technique on the lumbar region. Main outcome measurements: Pain perception by visual analogue scale, type of pain and its severity by McGill questionnaire, level of disability due to pain by Oswestry Disability Index

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201312241254N9**

Registration date: **2014-01-27, 1392/11/07**

Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2014-01-27, 1392/11/07

##### Registrant information

##### Name

Amir Hoshang Bakhtiary Davijani

##### Name of organization / entity

Semnan University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 23 1444 1983

##### Email address

amirbakhtiary@sem-ums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice chancellor for research of Semnan University of Medical Sciences

##### Expected recruitment start date

2014-05-04, 1393/02/14

##### Expected recruitment end date

2014-08-04, 1393/05/13

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of Taping on low back pain during menstruation in female student

##### Public title

Effect of taping on low back pain during menstruation in female students of Semnan University of Medical Sciences

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: Young female student with low back pain during menstruation Exclusion criteria: Diabetes; neuro-muscular diseases; musculoskeletal disease; cardiovascular disease; respiratory disease; systemic diseases; spondylolisthesis and spondylolysis; surgical history in lumbar region; history of trauma to vertebra column during last weak; disc herniation; sign of nerve root compression; polyneuropathy; carcinoma; vertebra tumor; pregnancy; history of lumbar exercise training during last three months.

##### Age

From **18 years** old to **25 years** old

##### Gender

Female

## Phase

2

### Groups that have been masked

No information

### Sample size

Target sample size: 60

### 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

Ethical Committee of Semnan University Medical Sciences

##### Street address

Vice chancellor for research, Headquartered of University, Basij Blv.

##### City

Semnan

##### Postal code

##### Approval date

2013-12-22, 1392/10/01

##### Ethics committee reference number

33214

## Health conditions studied

### 1

#### Description of health condition studied

Menstrual back pain

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

Pain

#### Timepoint

before and after 5 days of taping

#### Method of measurement

visual analogue scale

### 2

#### Description

Severity of pain

#### Timepoint

Before and after 5 days of taping

#### Method of measurement

McGill Pain questionnaire

## Secondary outcomes

### 1

#### Description

Disability

#### Timepoint

Before and after 5 days of taping

#### Method of measurement

Oswestry disability index

## Intervention groups

### 1

#### Description

Intervention: During menstruation, kinesio taping will be attached over the para spinal muscles of lumbar vertebral column using H technique. Two longitudinal band of kinesio tape will be attached over the left and right para vertebral muscles of vertebral column and a transverse band will be attached over the right and left L5 and S1 vertebra during.

#### Category

Rehabilitation

### 2

#### Description

Control group: During menstruation, no kinesio taping will be used.

#### Category

Rehabilitation

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Semnan University of Medical Sciences girls dorm

##### Full name of responsible person

Fatemeh Sheykhan

##### Street address

Semnan University of Medical Sciences, km 5 road to Damghan,

##### City

Semnan

## Sponsors / Funding sources

## 1

### Sponsor

**Name of organization / entity**

Vice chancellor for research of Semnan University of Medical Sciences

**Full name of responsible person**

Dr Raheb Ghorbani,

**Street address**

No 443, Headquartered University, Basij Bolv.

**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 of 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**

Neuromuscular Rehabilitation Research Center,  
Semnan University of Medical Sciences

**Full name of responsible person**

Amir Hoshang Bakhtiary

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### Person responsible for scientific inquiries

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### Person responsible for updating data

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### 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*