Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Comparison of the effects of combined treatment of laryngeal manual therapy with Kinesio taping and laryngeal manual therapy alone in improving vocalic symptoms in patients with muscle tension dysphonia : A single-blind randomized controlled trial.

Protocol summary

Study aim

Comparison of laryngeal manual therapy alone and laryngeal manual therapy plus kinesiotaping in patients with muscle tension dysphonia

Design

A randomized, single-blinded clinical trial with parallel intervention groups. Sealed envelopes will be used for randomization.

Settings and conduct

This clinical trial will be performed on 20 patients with muscle tension dysphonia in Amiralam hospital of Tehran. According to specialist and a speech and language pathologist, patients with muscle tension dysphonia will be diagnosed. patients will be divided in to two groups, one group will receive only laryngeal manual therapy and the other group will receive kinesio taping in addition to the laryngeal manual therapy. Assessment of vocal features, vocal tract discomfort and voice-related pain will be used to assess treatment outcome.

Participants/Inclusion and exclusion criteria

History of voice misuse, psychological problems and stressful situations; Visible and palpable tension around the larynx, stiffness of the muscles around the larynx, swelling of the larynx, and decreased thyroid space, Not performing previous neck surgeries; Absence of hormonal disorders; No entry of female participants to menopause; No history of epileptic and seizure problems;

Intervention groups

First intervention group: The first intervention group will receive only laryngeal manual therapy. This treatment includes strategies to relax the para-laryngeal muscles with excessive tension. Intervention group 2: In addition to laryngeal manual therapy, this group will be treated with kinesiotaping. Kinsiotaping will be applied on the sternocleidomastoid, supra-laryngeal and longitudinal muscles of the larynx and its effects will be evaluated in comparison with the first group.

Main outcome variables

vocal features, vocal tract discomfort, pain

General information

Reason for update

Acronym

نام اختصاری درمان دستی حنجره یا laryngeal manual therapy ، Kinesiotaping، است. نام اختصاری کینزیوتیپینگ یا LMT سه حرف می باشد. نام اختصاری دیسفونی تنش عضلانی یا KT دو حرف Muscle tension dysphonia سه حرف MTD می باشد.

IRCT registration information

IRCT registration number: **IRCT20210303050570N1**
Registration date: **2021-04-17, 1400/01/28**
Registration timing: **prospective**

Last update: **2021-04-17, 1400/01/28**
Update count: **0**

Registration date

2021-04-17, 1400/01/28

Registrant information

Name

Maedeh Vahid

Name of organization / entity

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date
2021-04-21, 1400/02/01
Expected recruitment end date
2021-10-23, 1400/08/01
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Comparison of the effects of combined treatment of laryngeal manual therapy with Kinesio taping and laryngeal manual therapy alone in improving vocalic symptoms in patients with muscle tension dysphonia : A single-blind randomized controlled trial.

Public title
Comparison of the effects of combined treatment of laryngeal manual therapy with Kinesio taping and laryngeal manual therapy alone in improving vocalic symptoms in patients with muscle tension dysphonia.
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
History of sound misuse, psychological problems and stressful situations. Visible and palpable tension around the larynx, stiffness of the paralaryngeal muscles, swelling of the larynx, and decreased thyrohyoid space
Exclusion criteria:
History of performing previous surgeries on the neck Presence of hormonal disorders Menopause in females History of epileptic and seizure problems
Age
From **18 years** old to **50 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Participant
- Outcome assessor

Sample size
Target sample size: **20**
Randomization (investigator's opinion)
Randomized
Randomization description
For randomization, each participant picks up a number between 1 and 20 from the bag. Odd numbers are assigned to group 1 (Laryngeal Manual Therapy) and even numbers are assigned to group 2 (Laryngeal Manual Therapy + Kinesio taping).
Blinding (investigator's opinion)
Single blinded
Blinding description
In this study, participants are kept blind and they were unaware from how to assign to different groups.
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee in research of Semnan University of Medical Sciences
Street address
Vice chancellor for research, Headquarters of Semnan University of Medical Sciences, Amirkabir Square
City
Semnan
Province
Semnan
Postal code
35147-99442
Approval date
2021-02-27, 1399/12/09
Ethics committee reference number
IR.SEMUMS.REC.1399.318

Health conditions studied

1

Description of health condition studied
Muscle tension dysphonia
ICD-10 code
R49.0
ICD-10 code description
Dysphonia

Primary outcomes

1

Description
Acoustic features of patients with muscle tension dysphonia
Timepoint
Before and immediately after treatment
Method of measurement
Acoustic evaluations of the voice, auditory perceptual evaluations of the voice

2

Description
Vocal tract discomfort
Timepoint
Before and immediately after treatment
Method of measurement
Vocal tract discomfort (VTD) scale

3

Description
Severity and frequency of pain
Timepoint
Before and immediately after treatment
Method of measurement
Voice related pain scale

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group 1: The first intervention group will receive only laryngeal manual therapy. This type of treatment includes strategies to relax the paralaryngeal muscles with excessive stress, to improve the function of the glottal source, which focuses specifically on the sternocleidomastoid muscles at the beginning of treatment and then on the supralaryngeal area. This group will be treated for 8, 30 minutes sessions and twice a week for a month.
Category
Rehabilitation

2

Description
Intervention group 2: In addition to laryngeal manual therapy, this group will be treated with kinesiotaping and tape replacement will be performed each session. kinesio tape will be applied to the sternocleidomastoid muscles, supralarynx and longitudinal muscles of the larynx. The length and frequency of the sessions are the same as the previous group.
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Amiralam hospital
Full name of responsible person
Maedeh Vahid
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Semnan University of Medical Sciences
Proportion provided by this source
100
Public or private sector
Public
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
Semnan University of Medical Sciences
Full name of responsible person
Maedeh Vahid
Position
Masters' degree student
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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 more information.
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Not applicable
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available