

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jul 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

laryngeal manual therapy , نام اختصاری درمان دستی حنجره یا Kinesiotaping, نام اختصاری کینزیوتیپینگ یا LMT سه حرف می باشد. نام اختصاری دیسفونی تنش عضلانی یا KT دو حرف می باشد MTD سه حرف

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

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Name of organization / entity

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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

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Semnan

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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 kinesiotope and tape replacement will be performed each session. kinesiotope 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

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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

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Position

Masters' degree student

Latest degree

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Other areas of specialty/work

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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