Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of kinesiotape on pain and spatial-temporal parameters of gait in female athletes with patella-femoral pain syndrome

Protocol summary

Study aim

The effect of kinesiotype on the severity of knee pain; On the range of motion of the joints; On the speed of movement of the joints; On the distance and speed of walking of female athletes with patella-femoral pain syndrome

Design

The sample size is at least 42 female athletes with patella-femoral pain syndrome (21 in the experimental group and 21 in the control group). Research is done without blinding. It is also a non-random study.

Settings and conduct

To collect personal information from a researcher-made questionnaire that will be approved by the supervisors; To measure the amount of pain from McGill Pain Questionnaire at the beginning and end of the course; Kinovia software and digital camera are used to evaluate the spatial-temporal parameters of gait. People will be evaluated in a gym. A space has been considered that can be covered with a digital camera.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Knee pain for at least three months, no oral medication (excluding oral anti-inflammatory drugs) from one week prior to enrollment, positive Clark clinical test, no history of trauma and musculoskeletal disease In the lower limbs; Exclusion criteria: History of knee surgery and any ligament injuries, history of rheumatic diseases, history of osteoarthritis and unwillingness to continue research

Intervention groups

The participant's pelvic, knee, and ankle joints are marked. The person is asked to walk in front of a digital camera connected to a computer to determine the spatial-temporal parameters of gait. Each participant in the experimental group is asked to walk in front of the camera three times with a type knee and then three times with a typed knee. The control group walks three times without interference.

Main outcome variables

Pain and spatial parameters when walking

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220305054186N1**
Registration date: **2022-06-19, 1401/03/29**
Registration timing: **registered_while_recruiting**

Last update: **2022-06-19, 1401/03/29**
Update count: **0**

Registration date

2022-06-19, 1401/03/29

Registrant information

Name

Maryam Khoshsokhan mozafar

Name of organization / entity

The University of Arak

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-06-03, 1401/03/13

Expected recruitment end date

2022-06-21, 1401/03/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
The effect of kinesiotape on pain and spatial-temporal parameters of gait in female athletes with patella-femoral pain syndrome

Public title
The effect of kinesiotype on female athletes with patellofemoral pain syndrome

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
Having knee pain for at least three months not taking oral medication (excluding oral anti-inflammatory drugs) from one week before enrollment positive Clark clinical test no history of trauma in Lower limbs no history musculoskeletal disease in Lower limbs

Exclusion criteria:
History of knee surgery history of osteoarthritis any injuries to the ligaments history of rheumatic diseases

Age
From **18 years** old to **35 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **42**

Randomization (investigator's opinion)
Not randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of arak University

Street address
Karbala Blvd., Square Basij

City
Arak

Province
Markazi

Postal code
3848177584

Approval date
2022-04-04, 1401/01/15

Ethics committee reference number
IR.ARAKU.REC.1401.005

Health conditions studied

1

Description of health condition studied
patella-femoral pain syndrome

ICD-10 code
M22.2

ICD-10 code description
Patellofemoral disorders

Primary outcomes

1

Description
The effect of kinesiotype on the severity of knee pain in female athletes with patella-femoral pain syndrome

Timepoint
Pain assessment with McGill pain questionnaire before and after the intervention. Study review using a digital camera

Method of measurement
McGill pain questionnaire is measured using a digital camera and imaging.

2

Description
The effect of kinesiotype on the range of motion of female athletes with patella-femoral pain syndrome

Timepoint
Pain assessment with McGill pain questionnaire before and after the intervention. Study review using a digital camera

Method of measurement
McGill pain questionnaire is measured using a digital camera and imaging.

3

Description
The effect of kinesiotype on joint movement speed of female athletes with patellar pain syndrome

Timepoint
Pain assessment with McGill pain questionnaire before and after the intervention. Study review using a digital camera

Method of measurement
McGill pain questionnaire is measured using a digital camera and imaging.

4

Description

The effect of kinesiotype on distance and gait speed of female athletes with patellar pain syndrome

Timepoint

Pain assessment with McGill pain questionnaire before and after the intervention. Study review using a digital camera

Method of measurement

McGill pain questionnaire is measured using a digital camera and imaging.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Performing kinesiotype on the knee and walking in front of the camera in a certain direction.

Category

Rehabilitation

2

Description

Control group: without kinesiotype, they walk on their knees in front of the camera in a certain direction

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Physiotherapy Aboreihan

Full name of responsible person

Amir Vakili

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Arak

Full name of responsible person

Dr. Hamed Safi Khani

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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

The University of Arak

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

The University of Arak

Full name of responsible person

Shahnaz Shahrjerdi

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Sport Medicine

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Person responsible for scientific inquiries

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Yes - There is a plan to make this available
Data Dictionary
Yes - There is a plan to make this available
Title and more details about the data/document
All data is potentially shareable after unidentifiable individuals
When the data will become available and for how long
3 months after printing the results
To whom data/document is available
All researchers
Under which criteria data/document could be used
Use of documents is allowed
From where data/document is obtainable
Dr. Shahnaz Shahrjerdi shahrjerdi.shahnaz@gmail.com
What processes are involved for a request to access data/document
Upon request from Dr. Shahnaz Shahrjerdi and her approval, the documents are available
Comments