

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

04 Jun 2026

### EFFECT OF MULLIGAN'S PAIN RELEASE PHENOMENON ALONG WITH KINESIOTAPING IN PATELLOFEMORAL PAIN SYNDROME

#### Protocol summary

##### Study aim

patellofemoral pain syndrome

##### Design

randomized clinical trial

##### Settings and conduct

district headquarter hospital Jhang and Iqbal memorial hospital Jhang

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: • 18-40 years adults having PFP for more than three months • PFP bring forth during clinical examination (patellar grind test, apprehension test) • PFP in at least two functional activities (sitting for long time, stairs climbing, running, squatting, kneeling and jumping) • Both male & female • Patients with moderate pain ranging from 3 to 7 Exclusion criteria: • Any lower limb surgery in past 6 months • History of dislocation or subluxation of patella in past 6 months • Allergy from taping • Chronic illness that may limit training • Knee osteoarthritis (patellofemoral and tibiofemoral joint) • Chondromalacia patellae • Pes anserine bursitis

##### Intervention groups

two groups(group A & group B): both groups get 12 session with alternate days in 4 weeks.

##### Main outcome variables

visual analogue scale and Anterior Knee Pain Scale

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20220520054932N1**

Registration date: **2022-05-27, 1401/03/06**

Registration timing: **retrospective**

Last update: **2022-05-27, 1401/03/06**

Update count: **0**

##### Registration date

2022-05-27, 1401/03/06

##### Registrant information

###### Name

Hafiza Kinza Shakoor

###### Name of organization / entity

The University of Faisalabad

###### Country

Pakistan

###### Phone

+92 309 1106072

###### Email address

mspp-fa20-030@tuf.edu.pk

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2022-03-20, 1400/12/29

##### Expected recruitment end date

2022-03-28, 1401/01/08

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

EFFECT OF MULLIGAN'S PAIN RELEASE PHENOMENON ALONG WITH KINESIOTAPING IN PATELLOFEMORAL PAIN SYNDROME

##### Public title

EFFECT OF MULLIGAN'S PAIN RELEASE PHENOMENON ALONG WITH KINESIOTAPING IN PATELLOFEMORAL PAIN SYNDROME

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

**Inclusion criteria:**

- 18-40 years adults having PFP for more than three months
- PFP bring forth during clinical examination (patellar grind test, apprehension test)
- PFP in at least two functional activities (sitting for long time, stairs climbing, running, squatting, kneeling and jumping)
- Both male & female
- Patients with moderate pain ranging from 3 to 7

**Exclusion criteria:**

- Any lower limb surgery in past 6 months
- History of dislocation or subluxation of patella in past 6 months
- Allergy from taping
- Chronic illness that may limit training
- Knee osteoarthritis (patellofemoral and tibiofemoral joint)
- Chondromalacia patellae
- Pes anserine bursitis (2)

**Age**

From **18 years** old to **40 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

- Participant

**Sample size**

Target sample size: **40**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

patients that fulfill the inclusion criteria will be randomly divided into experimental and active control group by using the lottery method

**Blinding (investigator's opinion)**

Single blinded

**Blinding description**

participant is blinded means they do not know what treatment the other group gets.

**Placebo**

Not used

**Assignment**

Parallel

**Other design features**

**Secondary Ids**

empty

**Ethics committees**

**1**

**Ethics committee**

**Name of ethics committee**

Ethics committee of the university of Faisalabad

**Street address**

house#560,Mohalla sheikh lahory

**City**

Jhang Sadar

**Postal code**

35200

**Approval date**

2022-03-13, 1400/12/22

**Ethics committee reference number**

1021

**Health conditions studied**

**1**

**Description of health condition studied**

Patellofemoral pain syndrome

**ICD-10 code**

**ICD-10 code description**

**Primary outcomes**

**1**

**Description**

pain

**Timepoint**

total 4 weeks of interventional period with alternate days contain 12 sessions. visual analogue scale will be used before and after completion of treatment session

**Method of measurement**

visual analogue scale

**Secondary outcomes**

**1**

**Description**

Anterior knee pain

**Timepoint**

total 4 weeks of interventional period with alternate days contain 12 sessions. Anterior Knee Pain scale will be used before and after completion of treatment session

**Method of measurement**

Anterior Knee Pain scale

**Intervention groups**

**1**

**Description**

Intervention group: 1, this group will receive Mulligan's pain release phenomenon and baseline treatment(kinesiotaping, strengthening of vastus medialis oblique muscle and Ultrasonic) in12 sessions for 4 weeks with alternate days. compression PRP will be provided by compressing patella against condyles of femur then knee joint will be moved in flexion and extension while maintaining the compression for 15 seconds. visual analogue scale and Anterior Knee Pain scale will be used to get reading before and after the completion of treatment sessions

**Category**

Rehabilitation

**2**

**Description**

Active Control group: Group B will be given Baseline

treatment which includes Kinesiotaping of patellofemoral joint and strengthening of Vastus medialis Oblique muscle and Ultrasonic. in 12 sessions for 4 weeks with alternate days. visual analogue scale and Anterior Knee Pain scale will be used to get reading before and after the completion of treatment sessions

### Category

Rehabilitation

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

DHQ Hospital Jhang

##### Full name of responsible person

Dr Riffat Amar

##### Street address

house # 560, Mohalla Sheikh Lahory

##### City

Jhang

##### Postal code

35200

##### Phone

+92 309 1106072

##### Email

hafizakinzashakoor567@yahoo.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

The University of Faisalabad

##### Full name of responsible person

Dr Sidra Majeed

##### Street address

house # 560, Mohalla Sheikh Lahory

##### City

Jhang Sadar

##### Postal code

35200

##### Phone

+92 309 1106072

##### Email

hafizakinzashakoor567@yahoo.com

#### Grant name

#### Grant code / Reference number

#### Is the source of funding the same sponsor organization/entity?

Yes

#### Title of funding source

The University of Faisalabad

#### Proportion provided by this source

100

#### Public or private sector

Private

#### Domestic or foreign origin

Foreign

#### Category of foreign source of funding

Sponsor: country of origin

#### Country of origin

Pa

#### Type of organization providing the funding

Academic

## Person responsible for general inquiries

### Contact

#### Name of organization / entity

The University of Faisalabad

#### Full name of responsible person

Dr Sidra Majeed

#### Position

Assistant Professor

#### Latest degree

Master

#### Other areas of specialty/work

Physiotherapy

#### Street address

house #560, Mohalla sheikh lahory

#### City

Jhang Sadar

#### Province

Punjab

#### Postal code

35200

#### Phone

+92 309 1106072

#### Email

hafizakinzashakoor567@yahoo.com

## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

The University of Faisalabad

#### Full name of responsible person

Dr Sidra Majeed

#### Position

Assistant Professor

#### Latest degree

Master

#### Other areas of specialty/work

Physiotherapy

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35200

#### Phone

+92 309 1106072

#### Email

hafizakinzashakoor567@yahoo.com

## Person responsible for updating data

### Contact

**Name of organization / entity**

Private clinic

**Full name of responsible person**

Dr Hafiza Kinza Shakoor

**Position**

clinical Physiotherapist

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

**Street address**

house # 560, Mohalla sheikh lahory

**City**

Jhang Sadar

**Province**

Punjab

**Postal code**

35200

**Phone**

+92 309 1106072

**Email**

hafizakinzashakoor567@yahoo.com

**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**

No - There is not a plan to make this available

**Data Dictionary**

No - There is not a plan to make this available

**Title and more details about the data/document**

IPD collected for primary and secondary outcome measures

**When the data will become available and for how long**

Jan 2023

**To whom data/document is available**

people working in any domain can be authorized to get this data

**Under which criteria data/document could be used**

Any wrong information or editorial errors

**From where data/document is obtainable**

this data is only available on-demand via email mention to the person responsible

**What processes are involved for a request to access data/document**

documents can also be processed via university emails

**Comments**

Data is private legacy respect it