Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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
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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. in12 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
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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
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

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Person responsible for updating data

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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
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 editional 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