

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Investigating the effects of adding kinesio taping to Mulligan'S mobilization on pain, range of motion, pain pressure thershold, joint proprioception and disability in patients with chronic nonspecific cervical pain

Protocol summary

Study aim

Assessing the effects of adding kinesio taping to Mulligan' mobilization on pain, range of motion, pressure pain threshold, proprioception, and disability in patients with non-specific chronic neck pain

Design

The study is a clinical trial with a single-blind (patient) design. Thirty patients with non-specific chronic neck pain are divided into two groups by simple randomization using a sealed envelope

Settings and conduct

A common issue of patients with neck pain is the disturbance in proprioception and the chronicity of symptoms, so this study aimed to investigate the effect of the of Mulligan's mobilization with kinesio tape on patients referring to the physiotherapy clinic of Tehran University, especially on proprioception.

Participants/Inclusion and exclusion criteria

Patients with non-specific chronic neck pain (aged 20 to 55, with a history of pain: at least six months, pain intensity: at least 30 on the VAS, and a minimum disability score of 10 on the NDI) are included. Patients with a history of vertebral fractures, dislocations, malignancies, infections, osteoporosis, ankylosing spondylitis, vascular neck disorders, dizziness, headaches, vestibular disorders, spinal malalignment, and those with referred pain to the hands are excluded from the study. Additionally, individuals who have received manual therapy within the past three months or those with sensitivity to Kinesio taping are excluded.

Intervention groups

Both groups initially receive conventional PT, including TENS, hot packs, and ultrasound. Subsequently, Mulligan's mobilization is applied to the C3 to C7 vertebrae. In the experimental group, in addition to these modalities, Kinesio tape is also applied.

Furthermore, the patients are instructed in performing isometric neck exercises in six directions.

Main outcome variables

Pain intensity, active ROM, PPT, joint proprioception, disability

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220910055927N1**

Registration date: **2023-09-13, 1402/06/22**

Registration timing: **registered_while_recruiting**

Last update: **2023-09-13, 1402/06/22**

Update count: **0**

Registration date

2023-09-13, 1402/06/22

Registrant information

Name

Fateme Dokhaei

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 5505 0791

Email address

f-dokhaei@razi.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-09-11, 1402/06/20

Expected recruitment end date

2023-11-11, 1402/08/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effects of adding kinesio taping to Mulligan'S mobilization on pain, range of motion, pain pressure threshold, joint proprioception and disability in patients with chronic nonspecific cervical pain

Public title

The effects of manual therapy and taping in neck pain

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Patients aged 20 to 55 years with neck pain who have no specific anatomical or pathological cause for their pain have experienced neck pain for a minimum of 6 months The severity of patients' pain before intervention should be at least 30 on the visual analog scale. Their disability level, according to the neck disability index, should be a minimum of 10

Exclusion criteria:

Individuals with a history of trauma, fractures, or spinal and thoracic surgeries A history of vertebral dislocation or instability History of malignancy or infection Patients with osteoporosis People with rheumatoid arthritis or ankylosing spondylitis Presence of neck vascular disorders The radiation of pain from the neck to the arm, forearm, or hand Bad posture and deformity of Spinal column, dizziness, headache and vestibular disorders Individuals who have received any form of manual therapy for neck vertebrae within the past three months Individuals who are sensitive to kinesio tape

Age

From **20 years** old to **55 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

After initial assessments, patients are randomly assigned to one of the two groups of intervention and control (method: simple randomization - unit: individual). One envelope containing blue paper and one envelope containing red paper (randomization tool: sealed envelope) are given to the patients, if the patient choose the envelope containing blue paper, will be in the intervention group and if he chose the envelope

containing red paper will be in the control group

Blinding (investigator's opinion)

Single blinded

Blinding description

Blinding in this study will be single-blind, and in fact, participants will not know which study group they are in

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of Tehran University of Medical Sciences

Street address

Vice Chancellor for Research, 6th Floor, Central University Organization, Corner of Ghods St, Keshavarz Blvd.

City

Tehran

Province

Tehran

Postal code

1417653761

Approval date

2022-11-13, 1401/08/22

Ethics committee reference number

IR.TUMS.FNM.REC.1401.105

Health conditions studied**1****Description of health condition studied**

non specific chronic cervical pain

ICD-10 code

M50.9

ICD-10 code description

Cervical disc disorder, unspecified

Primary outcomes**1****Description**

Pain Intensity

Timepoint

Before the intervention, immediately after the first intervention session and after 6th intervention session (last session)

Method of measurement

Visual Analogue Scale

2

Description

Active range of motion

Timepoint

Before the intervention, immediately after the first intervention session and after 6th intervention session (last session)

Method of measurement

Clinometer

3

Description

Pressure pain threshold

Timepoint

Before the intervention, immediately after the first intervention session and after 6th intervention session (last session)

Method of measurement

Algometer

4

Description

Joint proprioception

Timepoint

Before the intervention, immediately after the first intervention session and after 6th intervention session (last session)

Method of measurement

Joint repositioning tests

5

Description

Disability

Timepoint

Before the intervention, immediately after the first intervention session and after 6th intervention session (last session)

Method of measurement

Neck disability index

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Group 1 (n=15) received Mulligan mobilization of the third to seventh cervical vertebrae along with conventional PT (TENS, hot pack, ultrasound and neck isometric exercise), three times a week for two weeks.

Category

Rehabilitation

2

Description

Control group: Group 2 (n=15) after Mulligan's mobilization of third to seventh neck vertebrae and conventional PT (TENS, hot pack and ultrasound and neck isometric exercise), kinesio tape for neck extensor muscles is attached. The interventions is performed three times a week for two weeks.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Tehran University of Medical Sciences

Full name of responsible person

Fateme Dokhaei

Street address

Central University Organization, corner of Quds Street, Keshavarz Boulevard

City

Tehran

Province

Tehran

Postal code

1417653761

Phone

+98 21 7752 8468

Email

f-dokhaei@razi.tums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Akbar Fotouhi

Street address

Vice Chancellor for Research and Technology, sixth floor, Central University Organization, corner of Quds Street, Keshavarz Boulevard

City

Tehran

Province

Tehran

Postal code

1417653761

Phone

+98 21 8163 3639

Email

research@tums.ac.ir

Grant name

Grant code / Reference number

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

Yes
Title of funding source
Tehran 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
Tehran University of Medical Sciences
Full name of responsible person
Fateme Dokhaei
Position
Master student
Latest degree
Bachelor
Other areas of specialty/work
Physiotherapy
Street address
School of Rehabilitation, Piche- Shemiran, Enghelab
Street
City
Tehran
Province
Tehran
Postal code
1148965111
Phone
+98 21 7752 8468
Email
f-dokhaei@razi.tums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Azadeh Shadmehr
Position
Professor
Latest degree
Ph.D.
Other areas of specialty/work
Physiotherapy
Street address
School of Rehabilitation, Piche- Shemiran, Enghelab
Street
City
Tehran
Province

Tehran
Postal code
1148965111
Phone
+98 21 7752 8468
Email
Shadmehr@tums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Fateme Dokhaei
Position
MSc. student
Latest degree
Bachelor
Other areas of specialty/work
Physiotherapy
Street address
School of Rehabilitation, Piche- Shemiran, Enghelab
Street
City
Tehran
Province
Tehran
Postal code
1148965111
Phone
+98 21 7752 8468
Email
f-dokhaei@razi.tums.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be 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

Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document

All data potentially becomes shareable after anonymization of individuals

When the data will become available and for how long

The access period begins three months after the publication of the articles

To whom data/document is available

For researchers employed in academic, scientific, and

hospital institutions

Under which criteria data/document could be used

Researchers working in the field of musculoskeletal physiotherapy and manual therapy.

From where data/document is obtainable

Applicants seeking documentation can contact Mrs.

Fateme Dokhaei via email. f-dokhaei@razi.tums.ac.ir

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

Once the necessary conditions are met, the information will be available to them within one month.

Comments