Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparative Effect of Kinesio taping with and without conventional physical therapy in obese women with pes planus.

Protocol summary

Study aim
The aim of this study is to Compare effects of Kinesio taping with or without conventional physical therapy in obese women with pes planus.

Design
A single blinded randomized controlled trial, conducted on 72 patients, equally divided into two groups, single centered study.

Settings and conduct
The university of Lahore teaching hospital, single blinded study.

Participants/Inclusion and exclusion criteria
Age of young adults (25-60) years having navicular drop with BMI Body mass index (BMI, kg/m2) above(<25) considering obese female are included and Skeletal or structural injury of lower extremities, Ankle sprain or surgery within 6 months, Any nervous system diseases or Any nervous system diseases are excluded.

Intervention groups
70 patients will be randomly divided into control and experimental groups. The control group will receive kinseio taping while the experimental group will receive kinesio taping along with conventional physical therapy.

Main outcome variables
Navicular Drop, Foot Functionality.

General information

Reason for update

Acronym
RCT

IRCT registration information
IRCT registration number: **IRCT20230703058650N1**
Registration date: **2023-08-17, 1402/05/26**
Registration timing: **registered_while_recruiting**

Last update: **2023-08-17, 1402/05/26**
Update count: **0**

Registration date
2023-08-17, 1402/05/26

Registrant information

Name
Zainab Nasrullah
Name of organization / entity
The University of lahore
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Pakistan
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2023-08-15, 1402/05/24

Expected recruitment end date
2023-10-20, 1402/07/28

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Comparative Effect of Kinesio taping with and without conventional physical therapy in obese women with pes planus.

Public title
Comparative Effect of Kinesio taping with and without conventional physical therapy in obese women with pes planus.

Purpose
Health service research

Inclusion/Exclusion criteria

Inclusion criteria:
• Age of young adults (25-60) years • Having a navicular drop distance • Obese Females Body mass index (BMI, kg/m2) above(<25
Exclusion criteria:
• Skeletal or structural injury of lower extremities • Ankle sprain or surgery within 6 months • Any nervous system diseases • Any lower limb deformities • Unwillingness to continue the study

Age
From **25 years** old to **60 years** old

Gender
Female

Phase
N/A

Groups that have been masked

- Investigator

Sample size
Target sample size: **72**

Randomization (investigator's opinion)
Randomized

Randomization description
By using computer generated random number table, patients will be randomly assigned into two groups. All those random numbers will be enclosed in sealed envelopes. A third person (who will further not be the part of research) will open envelops and the patients will be allocated to the mentioned group accordingly.

Blinding (investigator's opinion)
Single blinded

Blinding description
An independent assessor, who will be a senior and experienced physiotherapist and further will not be the part of study will perform the assessment of patients

Placebo
Not used

Assignment
Parallel

Other design features
No

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Institutional review board

Street address
1-km, Defence Road, Off Bhobatian Chowk , Lahore

City
Lahore

Postal code
51000

Approval date
2023-07-11, 1402/04/20

Ethics committee reference number
Ref No REC-UOL-448-07-2023

Health conditions studied

1

Description of health condition studied
Pes Planus

ICD-10 code
M21.40

ICD-10 code description
Flat foot [pes planus] (acquired), unspecified foot

Primary outcomes

1

Description
Navicular drop, Foot Functionality

Timepoint
Before intervention and after 4 weeks of intervention

Method of measurement
Staheliplanter Arch Index, Navicular Drop Test (NDT), Foot Function Index

Secondary outcomes

1

Description
Foot Functionality

Timepoint
Before intervention and after 4 weeks of intervention

Method of measurement
Foot Function Index

Intervention groups

1

Description
Group A: This group will receive kinesio taping , Kinesio Tape (KT) applied In the prone position, the participants flexed their knee and 3 strips of Kinesio tape (Kinesio® TexGoldTM FP, U.S.A) with 100% tension in the middle were applied on the transverse arch, aiming to enhance its static stability. Another strip of Kinesio tape with 75% tension was applied on the tibialis posterior, from the fifth metatarsal head, around the navicular and posterior medial malleolus to half of the tibia. The tapes were warmed by rubbing them immediately after application to maximize adhesion.

Category
Treatment - Other

2

Description
Group B: This group will receive kinesio taping (KT) with conventional physical therapy exercises Heel raises:

Patient was in standing position and has to perform heel raises 20 times. (Without shoes),TA Stretching: The patient was taken in supine position Researcher was positioned to side of the patient and applied a passive stretch leading to 30 sec hold and was repeated 5 times each session, Toe Spreading exercises: The patient was in sitting or standing position and shall be instructed to stabilize the ball of the foot on the ground while lifting and spreading out the toes, Frequency: 20 times, intensity: 5 sec holds, type of contraction: isometric contraction ,Toe extension exercises: The patient was in sitting or standing position and was instructed to lift the big toe against the floor. Frequency: 20 times, intensity: 5 sec holds, type of contraction: isometric contraction Each exercise will be of 2 sessions a day.

Category
Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
The University of Lahore Teaching Hospital
Full name of responsible person
Zainab Nasrullah
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1-km, Defence Road, Off Bhobatian Chowk , Lahore
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lahore
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zainab.nasrullah@admin.uol.edu.pk

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
The University of Lahore
Full name of responsible person
Zainab Nasrullah
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
The University of Lahore
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 Lahore, Pakistan
Full name of responsible person
Zainab Nasrullah
Position
Officer
Latest degree
Bachelor
Other areas of specialty/work
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Web page address

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

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 collected identified IPD

When the data will become available and for how long

Data will be available after the completion of study and will remain available till 6 months

To whom data/document is available

Data will be available for other people almost 6 months after the completion of study

Under which criteria data/document could be used

The data/document could be used by communicating with the principle investigator "Zainab Nasrullah" on email address "zainabnasrullah123@gmail.com".

From where data/document is obtainable

Zainab Nasrullah, zainabnasrullah123@gmail.com

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

The data/document can be accessed through communicating with the principle investigator "Zainab Nasrullah" on email address "zainabnasrullah123@gmail.com".

Comments

N/A