

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

27 Jul 2026

### Evaluating the Role of Kinesiotaping as an Adjunct to Medication, Physiotherapy, and Exercises in on Low Back Pain: Clinical Outcomes from a Randomized Controlled Trial

#### Protocol summary

##### Study aim

The primary objective of this study is to evaluate the clinical outcomes of adding Kinesio taping to standard treatment modalities (medication, physiotherapy, and exercises) in patients with LBP, specifically in terms of pain relief, functional improvement, and overall recovery.

##### Design

This RCT with a parallel-group design compares Kinesio taping + standard care vs. standard care alone in 100 patients with Low Back Pain. Randomization & Allocation Participants will be randomly assigned to either: Intervention: Kinesio taping + standard care Control: Standard care alone Allocation: Concealed randomization Follow-Up Assessments at 24 hours, 3 days, and 1 week post-intervention.

##### Settings and conduct

Conducted in Clinical Settings, patients randomly allocated, and patients are not blinded

##### Participants/Inclusion and exclusion criteria

Inclusion Criteria: • Adults aged 20-60 years • Diagnosed with chronic low back pain (non-specific) • Both genders • No recent back surgery or significant spinal abnormalities Exclusion Criteria: • Patients with inflammatory diseases (e.g., rheumatoid arthritis, ankylosing spondylitis) • Pregnant women • Skin allergies, wounds, or infections in the back area • Neurological deficits (e.g., sciatica, herniated disc) • Obesity (BMI > 30)

##### Intervention groups

The intervention group will have Kinesiotaping applied to the lumbar region based on standard KT methods for LBP. The tape will be applied for 3 consecutive days, following which it will be reapplied at regular intervals for one week. Physiotherapy and exercises will be administered as part of the treatment protocol for both groups. Medications, including nonsteroidal anti-inflammatory drugs (NSAIDs), will be prescribed based

on individual needs.

##### Main outcome variables

NRS and ODI

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20250308064979N1**

Registration date: **2025-03-30, 1404/01/10**

Registration timing: **retrospective**

Last update: **2025-03-30, 1404/01/10**

Update count: **0**

##### Registration date

2025-03-30, 1404/01/10

##### Registrant information

##### Name

Somaiya Ishaq

##### Name of organization / entity

Combined Military Hospital Kohat, Khyber Pukhtunkhwa, Pakistan

##### Country

Pakistan

##### Phone

+92 332 1946197

##### Email address

somaiyaishaq@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2024-11-01, 1403/08/11

##### Expected recruitment end date

2025-01-01, 1403/10/12

**Actual recruitment start date**

2024-11-01, 1403/08/11

**Actual recruitment end date**

2025-01-01, 1403/10/12

**Trial completion date**

2025-01-01, 1403/10/12

**Scientific title**

Evaluating the Role of Kinesiotaping as an Adjunct to Medication, Physiotherapy, and Exercises in on Low Back Pain: Clinical Outcomes from a Randomized Controlled Trial

**Public title**

Effectiveness of Kinesiotaping on Pain Management in Lower Back: A Randomized Controlled Trial

**Purpose**

Treatment

**Inclusion/Exclusion criteria****Inclusion criteria:**

Adults aged 20-60 years diagnosed with chronic low back pain (non-specific)No recent back surgery or significant spinal abnormalities both genders

**Exclusion criteria:**

Patients with inflammatory diseases (e.g., rheumatoid arthritis, ankylosing spondylitis)Pregnant women Skin allergies, wounds, or infections in the back area Neurological deficits (e.g., sciatica, herniated disc) Obesity (BMI > 30)

**Age**

From **20 years** old to **60 years** old

**Gender**

Both

**Phase**

2-3

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **100**

Actual sample size reached: **100**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

his study employs a randomized controlled trial (RCT) design using a sample randomization method. Participants will be randomly assigned to either the Kinesio taping + standard care group or the standard care only group. Method of Randomization Type: Simple randomization Unit of Randomization: Individual participants Stratification Participants will be stratified based on: Age range: 20–60 years Pain severity level: Moderate and severe Randomization Process Software Used: SPSS Random Sequence Generation: Computer-generated randomization Random Allocation Process: Allocation will be conducted using a random sequence to ensure unbiased group assignment. Outcome Measures Numerical Rating Scale (NRS) will be utilized to assess pain levels. Oswestry Disability Index (ODI)

**Blinding (investigator's opinion)**

Not blinded

**Blinding description****Placebo**

Not used

**Assignment**

Parallel

**Other design features**

Other Design Features are:

**Secondary Ids**

empty

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

Institutional Review Board, Combined Military Hospital Kohat, Pakistan

**Street address**

Kohat Cantt

**City**

Kohat

**Postal code**

26000

**Approval date**

2024-09-20, 1403/06/30

**Ethics committee reference number**

E-2005/A/3

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

Low Back Pain

**ICD-10 code**

M54.5

**ICD-10 code description**

Low back pain

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

Pain Reduction by applying Kinesio Taping on Lower Back

**Timepoint**

Baseline (Pre-Intervention) 24 hours, 3 days and 1 week post application of Kinesio Taping

**Method of measurement**

Pain reduction will be assessed using a Numeric Rating Scale (NRS) from 0 to 10 where 0 indicates no pain and 10 indicates the worst pain imaginableParticipants will report their pain levels at baseline, 24 hours, 3 days and 1 week post-application of Kinesio tape

**Secondary outcomes****1****Description**

Improvement in functional ability of individuals with lower back pain.

#### **Timepoint**

Baseline ( Pre-Intervention) 24 hours, 3 days and 1 week post application of Kinesio Taping

#### **Method of measurement**

Functional improvement will be assessed using the Oswestry Disability Index (ODI) to measure functional disability due to everyday activities such as standing, walking and lifting. Assessments will be conducted at baseline 24 hours 8days, and 1 week post application

## **Intervention groups**

### **1**

#### **Description**

Intervention group: Description Intervention group: Participants will receive Kinesio Taping (K Tape) applied to the Lower Back The tape will be worn continuously for 24 hours and functional improvements will be assessed at baseline, 24 hours, 3 days. and 1week post-application using the Numeric Rating Scale (NRS) and ODI

#### **Category**

Rehabilitation

### **2**

#### **Description**

Control group: Participants will receive standard care (without KinesioTaping). Pain and functional improvements will be assessed at baseline 24hours, 3 days. and 1-week post-application using the Numeric Rating Scale (NRS) and ODI

#### **Category**

Other

## **Recruitment centers**

### **1**

#### **Recruitment center**

##### **Name of recruitment center**

Department of Physical Medicine and Rehabilitation  
CMH Kohat KPK, Pakistan

##### **Full name of responsible person**

Dr. Syed Tameem UI Hassan

##### **Street address**

Kohat Cantt

##### **City**

Kohat

##### **Postal code**

26000

##### **Phone**

+92 336 8885877

##### **Email**

drtameem2@gmail.com

## **Sponsors / Funding sources**

### **1**

#### **Sponsor**

##### **Name of organization / entity**

Combined Military Hospital Kohat

##### **Full name of responsible person**

Dr. Syed Tameem ul Hassan

##### **Street address**

Kohat Cantt

##### **City**

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##### **Postal code**

26000

##### **Phone**

+92 336 8885877

##### **Email**

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#### **Grant name**

Government Institute

#### **Grant code / Reference number**

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

Yes

#### **Title of funding source**

Combined Military Hospital Kohat

#### **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**

Other

## **Person responsible for general inquiries**

#### **Contact**

##### **Name of organization / entity**

Combined Military Hospital Kohat

##### **Full name of responsible person**

Dr. Syed Tameem ul Hassan

##### **Position**

Major

##### **Latest degree**

Specialist

##### **Other areas of specialty/work**

Physiotherapy

##### **Street address**

Kohat Cantt

##### **City**

Kohat

##### **Province**

Khyber Pukhtunkhwa

##### **Postal code**

26000

##### **Phone**

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## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

Combined Military Hospital Kohat

**Full name of responsible person**

Dr. Syed Tameem ul Hassan

**Position**

Major

**Latest degree**

Specialist

**Other areas of specialty/work**

Physiotherapy

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## Person responsible for updating data

### Contact

**Name of organization / entity**

Combined Military Hospital Kohat

**Full name of responsible person**

Somaiya Ishaq

**Position**

Physiotherapy Intern

**Latest degree**

Bachelor

**Other areas of specialty/work**

Physiotherapy

**Street address**

Kohat Cantt

**City**

Kohat

**Province**

Khyber Pukhtunkhwa

**Postal code**

26000

**Phone**

+92 332 1946197

**Email**

somaiyaishaq@gmail.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**

Undecided - It is not yet known if there will be 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**

Undecided - It is not yet known if there will be 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**

This dataset includes deidentified Individual Patient Data (IPD) from a randomized controlled trial assessing the impact of kinesio Taping on pain management in lower back. This datasheet consists of Demographics (age, gender), and grade of baseline assessment (ODI and NRS Scores) follow up results at 24 hours, 3 days and 1 week.

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

This dataset will be made available upon request after study completion and publications of findings.

**To whom data/document is available**

The deidentified data will be available to researchers, clinicians and academic institutions conducting studies related to low back pain management, or rehabilitation interventions. Access will be granted upon formal request and approval

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

The data will be shared only for academic and research purposes Researchers must submit a formal request with ethical approval for data usage. The dataset must not be used for commercial purposes of patient re-identification.

**From where data/document is obtainable**

Dataset is obtainable through formal request through emails

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

A formal request is needed by official email.

**Comments**