Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effect of core stability training on pain and function of patients with patellofemoral pain syndrome

Protocol summary

Summary

Objective: Comparison effect of routine treatment and core stability exercises on pain and function in Patellofemoral pain syndrome. Design: Randomized single blind.60 people between 16-40 years according to diagnostic and including criteria are involved to study after filling Visual Analog Scale questionnaire(for pain) and Kujala questionnaire (for function). Setting: Patients are dividing in 2 group randomly, first group received routine treatment and second group received routine treatment and core stability exercises. Both group after 3 month exercise therapy, again will refill questionnaire.Major inclusion criteria: Pain during at least 3 of following: During/after activity; Stair ascent or descent; Squatting; Sitting for prolog time.Exclusion criteria: Knee infection;Trauma to knee; Pregnancy; Hip or lumbar referral pain; Patellar subluxation/dislocation

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201111168117N1**
Registration date: **2014-09-12, 1393/06/21**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2014-09-12, 1393/06/21

Registrant information

Name
Farzin Halabchi
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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2014-03-20, 1392/12/29

Expected recruitment end date

2015-03-20, 1393/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of core stability training on pain and function of patients with patellofemoral pain syndrome

Public title

The effect of core stability training on anterior knee pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: 16-40 years old; Insidious onset of pain at least 4 weeks ago; Pain during at least 3 of following: During/after activity; Stair ascent or descent; Squatting; Sitting for prolog time. Exclusion criteria: History of Rhumatologic disease; Knee surgery; Meniscal or Ligament injury; Knee infection;Trauma to knee; Pregnancy; Hip or lumbar referal pain; Patellar subluxation/dislocation; Prolonged corton or NSAID use.

Age

From **16 years** old to **40 years** old

Gender

Both

Phase
2-3
Groups that have been masked
No information
Sample size
Target sample size: **60**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Single blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
Balanced block randomized with random block sizes (4,6 and8)

Secondary Ids

1

Registry name
-
Secondary trial Id
-
Registration date
empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Tehran University of Medical Sciences
Street address
Central Organization, Ghods St, Keshavarz Boulevard
City
Tehran
Postal code
Approval date
2014-01-21, 1392/11/01
Ethics committee reference number
93-02-53-25197

Health conditions studied

1

Description of health condition studied
Patellofemoral pain syndrom
ICD-10 code
M22.2
ICD-10 code description
Patellofemoral disorders

Primary outcomes

1

Description
Pain
Timepoint
Before and at the end of 3 mounth exercise therapy
Method of measurement
VAS questionnaire

2

Description
Function
Timepoint
Before and at the end of 3 mounth exercise therapy
Method of measurement
Kujala questionnaire

Secondary outcomes

1

Description
-
Timepoint
-
Method of measurement
-

Intervention groups

1

Description
Control group: Exercise therapy for quadriceps strengthening , one Closed Kinetic Chain exercise and one Open Kinetic Chain (3 set 15 repitation) and stretching for quadriceps , Iliotibialband , hamstring (3 set ,10 repitation)
Category
Treatment - Other

2

Description
Intervention group: Core stability exercises therapy for example: Draw in; Clamsell exercise; Prone plank; Side plank; Side lying single leg raise....(3 set,15 reps)
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Sports medicine clinic, Emam khomeini hospital
Full name of responsible person
Dr Behnaz Tazesh

Street address
Emam khomeini hospital, End of Keshavarz Blvd
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, Tehran University of Medical Sciences
Full name of responsible person
Dr Masoud Younesian
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5th Floor, Central bulding,Tehran University of Medical Sciences, Ghods St., Keshavarz Blvd
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Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice chancellor for research, Tehran University of Medical Sciences
Proportion provided by this source
100
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary

empty