

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Jul 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

+98 21 6119 2282

Email address

fhalabchi@tums.ac.ir

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

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

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

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 Rheumatologic disease; Knee surgery; Meniscal or Ligament injury; Knee infection; Trauma to knee; Pregnancy; Hip or lumbar referral 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 month exercise therapy

Method of measurement

VAS questionnaire

2

Description

Function

Timepoint

Before and at the end of 3 month 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 repitition) and stretching for quadriceps , Iliotibialband , hamstring (3 set ,10 repitition)

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

City

Tehran

Sponsors / Funding sources1**Sponsor****Name of organization / entity**

Vice chancellor for research, Tehran University of Medical Sciences

Full name of responsible person

Dr Masoud Younesian

Street address

5th Floor, Central bulding,Tehran University of Medical Sciences, Ghods St., Keshavarz Blvd

City

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****Contact****Name of organization / entity**

Tehran University of Medical Sciences

Full name of responsible person

Dr Behnaz Tazesh

Position

MD, Sport medicine resident

Other areas of specialty/work**Street address**

Imam khomeini hospital

City

Tehran

Postal code**Phone**

+98 914 114 9253

Fax**Email**

tazesh_behnaz@yahoo.com

Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Tehran University of Medical Sciences

Full name of responsible person

Dr Farzin Halabchi

Position

Associate professor of Tehran University of Medical Sciences

Other areas of specialty/work**Street address**

Sports Medicine Clinic, Imam khomeini hospital, Keshavarz Boulevard

City

Tehran

Postal code**Phone**

+98 21 6119 2282

Fax**Email**

fhalabchi@tums.ac.ir

Web page address**Person responsible for updating data****Contact****Name of organization / entity**

Tehran university of medical science

Full name of responsible person

Dr Behnaz Tazesh

Position

Sports Medicine Resident

Other areas of specialty/work**Street address**

Sports Medicine Clinic,Imam khomeini hospital, Keshavarz Boulevard

City

Tehran

Postal code**Phone****Fax****Email**

tazesh_behnaz@yahoo.com

Web page address**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