Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

A comparison between elastic bandage and taping on postural control in athletes 20-35 ages with patellofemoral pain syndrome

Protocol summary

Summary

Objective: A comparison between standard elastic bandage and taping on postural control in athletes with patellofemoral pain. Design of study: 38 persons (men & women) that have anterior knee pain participate in this study. Inclusion criteria consist of: volunteers have history of regular sport activity; they have anterior knee pain or retro-patellar pain at least as long as 1 month; pain suffering during step up and step down, squat, running and jumping activity; palpating of facet joints producing pain; at least one of three tests consisting: apprehension, step down eccentric and vastus medialis coordination should be positive. Exclusion criteria: symptoms initiating less than 1 month ago; symptoms are related with direct trauma; ligamentus laxity and/or other injury such as ACL injury at the tested leg; surgery at tested knee in latest 3 month. Interventions: volunteers divide in two groups, the first group is taped and second group is wrapped with elastic bandage. Postural control capability at both groups is measured before and after interventions by force- platform and star excursion balance test. Primary outcome measures: COP displacement measures at anterior- posterior and medial- lateral direction before and after taping or wrapping, COP velocity measures at anterior-posterior and medial-lateral directions, reach direction measures at anterior, antero- medial, antero- lateral, medial, lateral, posterior, postero- lateral, postero- medial by used of SEBT before and after taping and bandage. Secondary outcome measures: COM displacement measures at anterior-posterior & medio- lateral directions.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201112268524N1**

Registration date: **2012-03-13, 1390/12/23**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2012-03-13, 1390/12/23

Registrant information

Name

Seyed Mojtaba Ojaghi

Name of organization / entity

Rehabilitation Collage Of Shiraz Medical Science University

Country

Iran (Islamic Republic of)

Phone

+98 71 1627 1551

Email address

ojaghi1975@gmail.com

Recruitment status

Recruitment complete

Funding source

Vice chancellor of research, rehabilitation collage of Shiraz medical science university

Expected recruitment start date

2012-01-15, 1390/10/25

Expected recruitment end date

2012-04-29, 1391/02/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

A comparison between elastic bandage and taping on postural control in athletes 20-35 ages with patellofemoral pain syndrome

Public title
Bandage and taping
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria: volunteers are athlete; they have anterior or retro-patellar knee pain at least as long as 1 month; pain during squat, step up and step down, running and jumping; palpation of facet joints are painful. Exclusion criteria: symptoms are initiated less than 1 month; pain is due to trauma; there may ligament laxity or other injury such as ACL injury at the same knee; surgical history during latest 3 month.
Age
From **20 years** old to **35 years** old
Gender
Both

Phase
2-3
Groups that have been masked
No information
Sample size
Target sample size: **38**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Fars medical science university
Street address
NO.32, Abiverdi 1 Avenue, Chamran Blvd, Shiraz
City
Shiraz
Postal code
Approval date
2011-11-23, 1390/09/02
Ethics committee reference number
ct-90-5787

Health conditions studied

1

Description of health condition studied
Patellofemoral pain syndrome
ICD-10 code
m22.4, m22
ICD-10 code description
Chondromalacia patellae

Primary outcomes

1

Description
Cop velocity at anterior-posterior and medio-lateral direction
Timepoint
Before intervention and 20 minutes after intervention
Method of measurement
Based on millimetre per second by force platform

2

Description
Reach direction measures at anterior, antero-medial, antero-lateral, medial, lateral, posterior, postero-medial, postero-lateral directions
Timepoint
Before intervention and 20 minutes after intervention
Method of measurement
Based on centimeter by tape meter

3

Description
COP displacement measures at anterior-posterior and medio-lateral direction
Timepoint
Before intervention and 20 minutes after intervention
Method of measurement
Based on millimetre by force platform

Secondary outcomes

1

Description
COM displacement measures at anterior-posterior and medio-lateral directions
Timepoint
Before intervention and 20 minutes after intervention
Method of measurement
Based on millimetre calculated by formula

Intervention groups

1

Description
For group 1 will use standard elastic bandage. Postural control capability before bandage and 20 minutes after bandage by force platform and star excursion balance test will evaluate.
Category
Other

2

Description
For second group McConnell taping will apply. Postural control capability before taping and 20 minutes after taping by force platform and star excursion balance test will evaluate.
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Rehabilitation collage of Shiraz medical science university
Full name of responsible person
Doctor Fahimeh Kamali
Street address
NO.32, Abiverdi 1 Avenue, Chamran Blvd, Shiraz
City
Shiraz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, rehabilitation collage of Shiraz medical science university
Full name of responsible person
Doctor Ali Ghanbari
Street address
NO.32, Abiverdi 1 Avenue, Chamran Blvd, Shiraz
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Shiraz
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, rehabilitation collage of Shiraz medical science university
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
Rehabilitation collage of Shiraz medical science university
Full name of responsible person
Seyed Mojtaba Ojaghi
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Person responsible for updating data

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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