

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparison of the effect of kinesio taping on postural control between patient with non specific chronic low back pain and healthy subjects.

Protocol summary

Summary

The primary aim of this study was to investigate the possibility that patients with chronic low back pain exhibited an altered postural control during upright standing with respect to a control population. A secondary aim was to study the effect of the application of this novel kinesio tape on the low back/pelvis on the postural control in this patient compared to healthy control. thirty (15 men, 15 women) non specific chronic low back pain patient and. thirty (15 men, 15 women) healthy controls without a history of musculoskeletal disorders participated in this study. The inclusion criteria for study participation in the non specific chronic low back pain: aged 25_55 years, localized back pain, lasting more than 3 months. We performed low back kinesio taping for both groups. It was applied by kinesio taping expert by stretching the kinesio tape , place the base of kinesio I strip inferior to the greater trochanter with no tension. have the patient move into lateral flexion to the opposite site .apply the kinesio I strip with moderate tension(50%)over the tensor fascia lata and over the PSIS. as the kinesio strip reaches the lateral border of erector spinae muscle group end this selection of tape application. have the patient move into lateral flexion to the side on which the tape was initially started. angle the remaining kinesio I strip towards the posterior inferior angle of the thoracic ribs using light tension. for the opposite site, repeat the above steps by approximately 50%.for the kinesio taping application .postural control assess befoe, immediately and after of the kinesio taping application.we expect that kinesio taping improve postural control in low back pain patients.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201211302391N8**

Registration date: **2013-04-19, 1392/01/30**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-04-19, 1392/01/30

Registrant information

Name

Zahra Rojhani Shirazi

Name of organization / entity

Shiraz University of Medical Sciences, School of Rehabilitation Sciences

Country

Iran (Islamic Republic of)

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+98 71 1627 1552

Email address

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research Affairs of Shiraz University of Medical Sciences

Expected recruitment start date

2012-11-21, 1391/09/01

Expected recruitment end date

2012-12-21, 1391/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of kinesio taping on postural control between patient with non specific chronic low back pain and healthy subjects.

Public title

effect of kinesio taping on postural control in people with low back pain

Purpose

Treatment

Inclusion/Exclusion criteria

The inclusion criteria for study participation in the non specific chronic low back pain: aged 25_55 years; localized back pain; lasting more than 3 months ; radiating no further than the buttock;no previous history of sciatica ; other radicular involvement;normal neurological examination;at least 30 of the 100-mm numerical rating scale(NRS). The exclusion criteria: a history of neurological signs such as sensory deficits ; motor paralysis ; vestibular system impairment ;a history of dizziness ; medication with known effects on balance; a History of spinal surgery ; a history of rheumatic diseases ;diabetes ; mental disorders ;Pregnancy ;a history of lower extremity injuries ; neuromuscular diseases .

Age

From **20 years** old to **55 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

N/A

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

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

Shiraz University of Medical Sciences

Street address

hiraz, Chamran Boulevard,1 street Abyverdy, School of Rehabilitation Sciences, Shiraz University of Medical Sciences, Department of Physical Therapy

City

Shiraz

Postal code**Approval date**

2012-11-26, 1391/09/06

Ethics committee reference number

CT-91-6338

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

non specific chronic low back pain

ICD-10 code

M54.5

ICD-10 code description

Low back pain Low back strain Lumbago NOS

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

postural control

Timepoint

before,immediately and after application of interventions

Method of measurement

amount of displacement and velocity of center of pressure

Secondary outcomes

empty

Intervention groups**1****Description**

kinesio taping for low back pain group perform in standing and for 24 hour. place the base of kinesio I strip inferior to the greater trochanter with no tension. have the patient move into lateral flexion to the opposite site.apply the kinesio I strip with moderate tension(50%)over the tensor fascia lata and over the PSIS.as the kinesio strip reaches the lateral border of erector spinae muscle group end this selection of tape application.have the patient move into lateral flexion to the side on which the tape was initially started.angle the remaining kinesio Istrip towards the posterior inferior angle of the thoracic ribs using light tension.for the opposite site,repeat the above steps.

Category

Treatment - Other

2**Description**

kinesio taping for control group perform in standing and for 24 hour. place the base of kinesio I strip inferior to the greater trochanter with no tension. have the patient move into lateral flexion to the opposite site.apply the kinesio I strip with moderate tension(50%)over the tensor fascia lata and over the PSIS.as the kinesio strip reaches the lateral border of erector spinae muscle group end this selection of tape application.have the

patient move into lateral flexion to the side on which the tape was initially started. angle the remaining kinesio strip towards the posterior inferior angle of the thoracic ribs using light tension. for the opposite site, repeat the above steps.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

physiotherapy's clinics

Full name of responsible person

Zahra Rojhani Shirazi

Street address

Shiraz Faculty of Rehabilitation, Chamran blvd

City

shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

gholamreza hatam

Street address

Shiraz Faculty of Rehabilitation, Chamran blvd.

City

shiraz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shiraz 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

Shiraz University of Medical Sciences

Full name of responsible person

Zahra Rojhani Shirazi

Position

PhD

Other areas of specialty/work

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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