Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The Effect of Kinesio Taping on Pain, Muscle Strength and Disability of Neck in Subjects with Myofascial Pain Syndrome

Protocol summary

Study aim

Overall objective: The Effect of Kinesio Taping on Pain, Muscle Strength and Disability of Neck in Subjects with Myofascial Pain Syndrome Specials Objectives: 1- Comparison the Mean of pain before and after the intervention and between the groups 2- Comparison the Mean of Neck ROM before and after the Intervention and between the groups 3- Comparison the Mean of Upper Trapezius Muscle Strength before and after the Intervention and between the groups 4- Comparison the Mean of Neck Disability Before and After the Intervention and between the groups

Design

This study Was a Single-Blind RCT that 30 patients with Myofascial Pain Syndrome who referred to health centers in Mashhad was randomly assigned in two intervention and control group and then was given a dedicated code to each participant.

Settings and conduct

This study was carried out in the Field of Rehabilitation and the effect of Kinesio Taping Techniques on Pain that was registered at Baqiyatallah University of Medical Sciences and was done at Imam Hossein Hospital in Mashhad. Participant was unaware of being in the treatment or control group.

Participants/Inclusion and exclusion criteria

1-Pass at least two weeks from the onset of symptoms 2-Without History of Orthopedic 3-Without Neurological Injury 4-No Injection or any Treatment Of MPS in last 6 Month 5-Detect At least one Triger Point in Upper Trapezius Muscle

Intervention groups

In the Treatment Group the Kinesio Tape was Applied by Space Correction Technique (Star Shape) directly above the painful point (MTP of Upper Trapezius) with 30% tension, as well as with the Muscle Technique for Inhibition (insertion to origin) with 25% tension. In the control group, Kinesio Tape was applied similar in appearance to the treatment group, but without tension.

Main outcome variables

Reducing Pain and Disability; Reducing the period of Rehabilitation; Accelerating Process of the return to Work and increasing Productivity

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20150412021718N1**
Registration date: **2018-01-17, 1396/10/27**
Registration timing: **retrospective**

Last update: **2018-01-17, 1396/10/27**
Update count: **0**

Registration date

2018-01-17, 1396/10/27

Registrant information

Name

zabih allah rasti

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3845 5011

Email address

z.rasti@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-11-26, 1396/09/05

Expected recruitment end date

2017-12-31, 1396/10/10

Actual recruitment start date

2017-12-01, 1396/09/10

Actual recruitment end date
2017-12-31, 1396/10/10
Trial completion date
empty

Scientific title
The Effect of Kinesio Taping on Pain, Muscle Strength and Disability of Neck in Subjects with Myofascial Pain Syndrome

Public title
Kinesiotaping in Myofascial Pain Syndrome
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Pass at least two weeks from the onset of symptoms Without History of Orthopedic Without Neurological Injury No Injection or any Treatment Of MPS in last 6 Month Detect At least one Triger Point in Upper Trapezius Muscle
Exclusion criteria:
Diagnosis of Fibromyalgia Taking medications that change the severity or threshold of pain Infectious, Musculoskletal, Neurological, Inflammatory Diseases Radiculopathy or Myelopathy Symptoms
Age
From **18 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Participant

Sample size
Target sample size: **30**
Actual sample size reached: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
A random selection was done by lottery, in which the participant chose one of the two papers (intervention and control).
Blinding (investigator's opinion)
Single blinded
Blinding description
Participant was unaware of being in the treatment or control group.
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Bagheiatallah University of Medical Sciences
Street address
Molasadra Blvd, Shekh Bahayi Streat
City
Tehran
Province
Tehran
Postal code
1435917341
Approval date
2017-11-22, 1396/09/01
Ethics committee reference number
IR.SBMU.REC.1396.345

Health conditions studied

1

Description of health condition studied
Myofascial Pain Syndrome
ICD-10 code
M79.1
ICD-10 code description
Myalgia

Primary outcomes

1

Description
Pain Scale on a Pain Numerical Rate Scale
Timepoint
Before The intervention and Immediately, Three and seven days After the intervention
Method of measurement
Pain Numerical Rate Scale

2

Description
Neck Disability Index
Timepoint
Before The intervention and Three and seven days After the intervention
Method of measurement
Neck Disability Index

3

Description
The amount of Neck Range Of Motion
Timepoint
Before The intervention and Immediately, Three and seven days After the intervention
Method of measurement
Goniametery

4

Description
Muscle Strength of Upper Trapezius
Timepoint
Before The intervention and Immediately, Three and seven days After the intervention
Method of measurement
Manual Muscle Test

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: kinesio tape
Category
Rehabilitation

2

Description
Control group: placebo kinesio tape
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Imam Hossein Hospital
Full name of responsible person
Zabih Allah Rasti
Street address
Vahid Street
City
Mashhad
Province
Razavi Khorasan
Postal code
9155966886
Phone
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Email
z.rasti@sbmu.ac.ir

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Bagheiat-allah University of Medical Sciences
Full name of responsible person
Dr alireza shamsoddini
Street address
molasadra Blvd, shekh bahayi streat
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Tehran
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1435917341
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z.rasti@sbmu.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Bagheiat-allah University of Medical Sciences
Proportion provided by this source
100
Public or private sector
Private
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
Bagheiat-allah University of Medical Sciences
Full name of responsible person
Zabih Allah Rasti
Position
Researcher
Latest degree
Master
Other areas of specialty/work
Occupational Therapy
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Person responsible for scientific inquiries

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Name of organization / entity
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Full name of responsible person

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Position
Researcher

Latest degree
Master

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Person responsible for updating data

Contact

Name of organization / entity
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Full name of responsible person
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Position
Researcher

Latest degree
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Other areas of specialty/work
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available

Study Protocol
Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan
Not applicable

Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report
Not applicable

Analytic Code
Not applicable

Data Dictionary
Not applicable