

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 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, Musculoskeletal, 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

Goniametry

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

+98 51 3278 7001

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

City

tehran

Province

Tehran

Postal code

1435917341

Email

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

Street address

Molasadra Blvd, Sadra Building, N 102

City

Mashhad

Province

Razavi Khorasan

Postal code

9176796485

Phone

+98 51 3845 5011

Fax

Email

z.rasti@sbmu.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Zabih Allah Rasti

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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