

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

The comparison of dry needling and inhibitory Kinesio taping therapeutic effects in female patients with myofascial pain syndrome in upper trapezius muscle

Protocol summary

Study aim

The comparison of dry needling and inhibitory Kinesio taping therapeutic effects in female patients with myofascial pain syndrome in upper trapezius muscle

Design

Non-random (simple convenient method), without placebo control, single arm trial. The sample size of this study is 75 individuals: divided into 3 groups of 25 people.

Settings and conduct

Neuromuscular Rehabilitation Research Center Semnan University of Medical Sciences.

Participants/Inclusion and exclusion criteria

Women aged 20-40 years with upper myocardial infarction pain referring to Tabataba'i center in Semnan. Inclusion criteria: Having chronic pain that lasts at least 3 months from the start; the presence of the tight band in the muscle; having sensitive points in the upper trapezius muscle; recognizing pain. Exclusion criteria: Individuals with fibromyalgia; Individuals with facial nerve neuralgia, rheumatoid arthritis, rheumatic diseases, degenerative diseases, fractures, dislocation, inflammation, bursitis and arthritis; persons with neck and shoulder myopathy, neuropathy, myelopathy and cortical People with history of neck and shoulder surgery and other areas of the body; People with a history of injection in the trigger points of upper trapezius muscle or acupuncture; People with cancer, infection, pain and pathogenesis, acquired immunodeficiency virus; Athletes; people with substance abuse or taking corticosteroid drugs as well as pregnant women; those who have undergone continuous physiotherapy or exercise during the last two weeks; those who received dry needles in the last three months; taking sedative medications; Or alcohol one week prior to evaluation; people with mental and cognitive impairment and uncorrected vision impairment; people with acrylic skin

allergies.

Intervention groups

Control group: Only for comparison with intervention group, no treatment is performed. Intervention group 1: 25 patients will be treated with dry needles according to the protocol (sterile epoxy needles 0.3 mm in diameter and 5 cm in length). Each point will be treated for 2 minutes. Treatment is done every 72 hours for up to two weeks and the follow up is repeated after one week. Intervention group 2: 25 people are treated with an inhibitive movement tape according to the protocol (5 cm bandwidth). The muscle will be measured in its longitudinal position (the neck will bend to the opposite side and rotate to the same side). Treatment is done every 72 hours for up to two weeks and the follow up is repeated after one week.

Main outcome variables

Muscle thickness, Intensity of pain.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20151228025732N28**

Registration date: **2018-01-23, 1396/11/03**

Registration timing: **registered_while_recruiting**

Last update: **2018-01-23, 1396/11/03**

Update count: **0**

Registration date

2018-01-23, 1396/11/03

Registrant information

Name

Alireza Emadi

Name of organization / entity

Semnan University of Medical Sciences, Semnan, Iran

Country

Iran (Islamic Republic of)	N/A
Phone +98 23 3345 1336	Groups that have been masked No information
Email address are20935@semums.ac.ir	Sample size Target sample size: 75
Recruitment status Recruitment complete	Randomization (investigator's opinion) Not randomized
Funding source	Randomization description Blinding (investigator's opinion) Not blinded
Expected recruitment start date 2017-10-18, 1396/07/26	Blinding description
Expected recruitment end date 2018-10-17, 1397/07/25	Placebo Not used
Actual recruitment start date empty	Assignment Factorial
Actual recruitment end date empty	Other design features
Trial completion date empty	Secondary Ids empty
Scientific title The comparison of dry needling and inhibitory Kinesio taping therapeutic effects in female patients with myofascial pain syndrome in upper trapezius muscle	Ethics committees 1 Ethics committee Name of ethics committee Ethics committee of Semnan University of Medical Sciences Street address Semnan University of Medical Sciences, Basij Blvd, Semnan City Semnan Province Semnan Postal code 3514799442 Approval date 2017-10-18, 1396/07/26 Ethics committee reference number IR.SEMUMS.REC.1396.109
Public title The comparison of dry needling and inhibitory Kinesio taping therapeutic effects in female patients with myofascial pain syndrome in upper trapezius muscle	Health conditions studied 1 Description of health condition studied Myofascial pain syndrome in upper trapezius muscle ICD-10 code G71.8 ICD-10 code description Other primary disorders of muscles
Purpose Treatment	Primary outcomes 1 Description Muscle thickness Timepoint Before and after the intervention
Inclusion/Exclusion criteria Inclusion criteria: Women 20 to 40 years Having chronic pain that lasts at least 3 months from the start The presence of tight band in the muscle Having sensitive points in the upper trapezius muscle Recognizing pain Exclusion criteria: Individuals with fibromyalgia Individuals with Facial Nerve Neuralgia, Rheumatoid Arthritis, Rheumatic Diseases, Degenerative Diseases, Fractures, Dislocation, Inflammation, Bursitis and Arthritis Persons with Neck and Shoulder Myopathy, Neuropathy, Myelopathy and Cortical People with history of neck and shoulder surgery and other areas of the body People with a history of injection in the trigger points of upper trapezius muscle or acupuncture People with cancer, Infection, Pain and Pathogenesis, Acquired Immunodeficiency virus Athletes people with substance abuse or taking corticosteroid drugs as well as pregnant women Those who have undergone continuous physiotherapy or exercise during the last two weeks Those who received dry needles in the last three months Taking sedative medications or alcohol one week prior to evaluation People with mental and cognitive impairment and uncorrected vision impairment People with acrylic skin allergies	
Age From 20 years old to 40 years old	
Gender Female	
Phase	

Method of measurement

Sonography

2**Description**

Intensity of pain

Timepoint

Before and after the intervention

Method of measurement

Visual Analogue Scale (VAS)

Secondary outcomes

empty

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

Control group: Only for comparison with intervention group, no treatment is performed.

Category

Treatment - Other

2**Description**

Intervention group 1: 25 patients will be treated with dry needles according to the protocol (sterile epoxy needles 0.3 mm in diameter and 5 cm in length). Each point will be treated for 2 minutes. Treatment is done every 72 hours for up to two weeks and the follow up is repeated after one week.

Category

Rehabilitation

3**Description**

Intervention group 2: 25 people are treated with an inhibitive movement tape according to the protocol (5 cm bandwidth). The muscle will be measured in its longitudinal position (the neck will bend to the opposite side and rotate to the same side). Treatment is done every 72 hours for up to two weeks and the follow up is repeated after one week.

Category

Rehabilitation

Recruitment centers**1****Recruitment center****Name of recruitment center**

Tabataba'i center

Full name of responsible person

Sirous Taghizadeh-Delkhosh

Street address

Tabataba'i center, Ghods Blvd

City

Semnan

Province

Semnan

Postal code

3514799442

Phone

+98 23 3345 1336

Email

are20935@gmail.com

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Semnan University of Medical Sciences

Full name of responsible person

Mohammadreza Asgari

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Semnan University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

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**

Semnan University of Medical Sciences

Full name of responsible person

Sirous Taghizadeh-Delkhosh

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Physiotherapy

Street address

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

Semnan University of Medical Sciences

Full name of responsible person

Sirous Taghizadeh-Delkhosh

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Physiotherapy

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

Semnan University of Medical Sciences

Full name of responsible person

Soghra Bakhshi

Position

Students

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

-

When the data will become available and for how long

-

To whom data/document is available

Only available to scholars working in academic institutions.

Under which criteria data/document could be used

In case of relevant studies.

From where data/document is obtainable

Sirous Taghizadeh-Delkhosh. Tabataba'i center, Ghods Blvd, Semnan. 00989123311988

What processes are involved for a request to access data/document

-

Comments