Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparing the effects of Neoprene palumbo & Geno direxa stable orthoses on pain & daily activities in patients with Patello Femoral Pain Syndrome

Protocol summary

Summary
The aim of this study was to compare the effect of orthosis on pain and daily activities of patients with patellofemoral pain syndrome. In this clinical trial, thirty men aged 18-40 years old with patellofemoral pain syndrome referred to Arak Valiasr hospital nonrandomly assigned into one of two groups to use Genodirex stable or Neoprene Palumbo orthosis. Using VAS score and KOOS questionnaire, ADL activities and joint stiffness were assessed before and 3 weeks after the treatment.

General information

Acronym

IRCT registration information
IRCT registration number: **IRCT138810293101N1**
Registration date: **2010-03-06, 1388/12/15**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date
2010-03-06, 1388/12/15

Registrant information
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Mohamad Sadegh Ghasemi
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Iran University of Medical Science
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Recruitment status
Recruitment complete

Funding source
Vice chancellor for Research, Iran University of Medical Science

Expected recruitment start date
2008-01-15, 1386/10/25
Expected recruitment end date
2008-07-20, 1387/04/30
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Comparing the effects of Neoprene palumbo & Geno direxa stable orthoses on pain & daily activities in patients with Patello Femoral Pain Syndrome

Public title
Comparing the effects of two orthoses on pain & daily activities in patients with Patello Femoral Pain Syndrome
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion Criteria: VAS score 4, BMI of 25 - 26.5, Presence of Patello Femoral Pain Syndrome within 4 months prior to the study, Age 18-40 years old Exclusion Criteria: Previous surgery, deformity, or limitation of motion in the lower limb
Age
From **18 years** old to **40 years** old
Gender
Male

Phase
N/A
Groups that have been masked

No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Not randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Iran University of Medical University, Faculty of Rehabilitation, Ethics Committee

Street address
Mohseni SQ, Shahnazari Street

City
Tehran

Postal code
4391-15875

Approval date
2008-01-30, 1386/11/10

Ethics committee reference number
124 (2008-01-30)

Health conditions studied

1

Description of health condition studied
Patello Femoral Pain Syndrome

ICD-10 code
M22.2

ICD-10 code description
Patellofemoral disorders

Primary outcomes

1

Description
Patello Femoral Pain and daily activities

Timepoint
Pre and 3 weeks Post

Method of measurement
VAS scale and KOOS Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Neoprene palumbo orthosis

Category
Other

2

Description
Geno direxa stable orthosis

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Iran University of Medical Sciences, Faculty of Rehabili

Full name of responsible person
Mr. Majid Sharafi

Street address
Student Research Committe, Iran University of Medical University Faculty of Rehabilitation

City
Tehran

2

Recruitment center

Name of recruitment center
Vali Aser (AJ) Hospital

Full name of responsible person

Street address

City
Arak

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice-chancellor for Research, Iran University of Medical University

Full name of responsible person
Dr M.Moradi Lakeh

Street address
Hemat Express Way

City
Tehran

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, Iran University of Medical 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
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Person responsible for updating data

Contact

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