

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 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

Name

Mohamad Sadegh Ghasemi

Name of organization / entity

Iran University of Medical Science

Country

Iran (Islamic Republic of)

Phone

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Email address

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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

Faculty of Rehabilitation, Iran University of Medical University

Full name of responsible person

Dr Mohamad Sadegh Ghasemi

Position

Professor assistant, PhD

Other areas of specialty/work

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inquiries

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Web page address

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