Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effect of Taping on low back pain during menstruation in female student

Protocol summary

Summary

Objectives: This study has been designed to investigate the effect of kinesio-taping on pain reduction in young female with menstrual low back pain Design: Randomized control trial. Setting and conduct: 60 subjects will be allocated randomly in one of the control (n=30) or experimental group (n=30). Participants including major eligibility criteria: Young female students with menstrual low back pain. Exclusion Criteria includes reporting of any diseases that may induce low back pain Intervention: Using kinesio taping with H technique on the lumbar region. Main outcome measurements: Pain perception by visual analogue scale, type of pain and its severity by McGill questionnaire, level of disability due to pain by Oswestry Disability Index

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201312241254N9**
Registration date: **2014-01-27, 1392/11/07**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2014-01-27, 1392/11/07

Registrant information

Name

Amir Hoshang Bakhtiary Davijani

Name of organization / entity

Semnan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Semnan University of Medical Sciences

Expected recruitment start date

2014-05-04, 1393/02/14

Expected recruitment end date

2014-08-04, 1393/05/13

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Taping on low back pain during menstruation in female student

Public title

Effect of taping on low back pain during menstruation in female students of Semnan University of Medical Sciences

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Young female student with low back pain during menstruation Exclusion criteria: Diabetes; neuro-muscular diseases; musculoskeletal disease; cardiovascular disease; respiratory disease; systemic diseases; spondylolisthesis and spondylolysis; surgical history in lumbar region; history of trauma to vertebra column during last weak; disc herniation; sign of nerve root compression; polyneuropathy; carcinoma; vertebra tumor; pregnancy; history of lumbar exercise training during last three months.

Age

From **18 years** old to **25 years** old

Gender

Female

Phase
2
Groups that have been masked
No information
Sample size
Target sample size: **60**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethical Committee of Semnan University Medical Sciences
Street address
Vice chancellor for research, Headquartered of University, Basij Blv.
City
Semnan
Postal code
Approval date
2013-12-22, 1392/10/01
Ethics committee reference number
33214

Health conditions studied

1

Description of health condition studied
Menstrual back pain
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Pain
Timepoint
before and after 5 days of taping
Method of measurement
visual analogue scale

2

Description
Severity of pain
Timepoint
Before and after 5 days of taping
Method of measurement
McGill Pain questionnaire

Secondary outcomes

1

Description
Disability
Timepoint
Before and after 5 days of taping
Method of measurement
Oswestry disability index

Intervention groups

1

Description
Intervention: During menstruation, kinesio taping will be attached over the para spinal muscles of lumbar vertebral column using H technique. Two longitudinal band of kinesio tape will be attached over the left and right para vertebral muscles of vertebral column and a transverse band will be attached over the right and left L5 and S1 vertebra during.
Category
Rehabilitation

2

Description
Control group: During menstruation, no kinesio taping will be used.
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Semnan University of Medical Sciences girls dorm
Full name of responsible person
Fatemeh Sheykhian
Street address
Semnan University of Medical Sciences, km 5 road to Damghan,
City
Semnan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research of Semnan University of Medical Sciences

Full name of responsible person
Dr Raheb Ghorbani,

Street address
No 443, Headquartered University, Basij Bolv.

City
Semnan

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 of Semnan University of Medical Sciences

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
Neuromuscular Rehabilitation Research Center, Semnan University of Medical Sciences

Full name of responsible person
Amir Hoshang Bakhtiary

Position
Professor/ PhD

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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