

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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)

Phone

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Email address

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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 Sheykhan

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

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Position

Professor/ PhD

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Web page address

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