

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Effects of Strain counter strain technique with and without Kinesio tape in myofascial neck pain syndrome.

Protocol summary

Study aim

The aim of this study is to compare the effects of strain counter strain technique with Kinesio taping and Strain counter strain technique without Kinesio taping on Myofascial neck pain syndrome.

Design

Parallel group, single blind, Randomized control trial

Settings and conduct

Participants, health care providers who care for participants during the trial, data collectors, Outcome assessors, and with lesser importance data safety and monitoring board and manuscript writers. Outcome assessor is taken blind and data safety will be ensured.

Participants/Inclusion and exclusion criteria

Participants will be included: 1. Subject between the ages 17 and 45 years old. 2. Both male and female patients with myofascial neck pain. 3. Participant with complaints of Neck pain will be recruited. 4. Participants for this study will be strictly voluntary and informed consent will be obtained 5. Presence of active symptomatic MTrPs in the upper trapezius will be the main inclusion criteria. Participants will be excluded if they have a medical diagnosis of fibromyalgia, spinal radicular findings, blood coagulation disorders, chronic pain syndrome, cancer, allergies history of cervical spine or shoulder surgery within the preceding 3 years, use of anticoagulants, opioids or antiepileptic medications, daily alcohol intake over 27.4 g for men or 13.7 g for women, and pregnancy

Intervention groups

Group A: Strain counter strain technique with Kinesio taping Group B: Strain counter strain technique without Kinesio taping

Main outcome variables

pain and disability

General information

Reason for update

Acronym

Strain counter strain Kinesio taping techniques
Myofascial neck pain Syndrome

IRCT registration information

IRCT registration number: **IRCT20210226050502N1**
Registration date: **2021-03-03, 1399/12/13**
Registration timing: **registered_while_recruiting**

Last update: **2021-03-03, 1399/12/13**

Update count: **0**

Registration date

2021-03-03, 1399/12/13

Registrant information

Name

Mubashra Ibrahim

Name of organization / entity

Riphah International University

Country

Pakistan

Phone

+92 542 538127

Email address

mubashraibr1994@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-01-05, 1399/10/16

Expected recruitment end date

2021-06-07, 1400/03/17

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of Strain counter strain technique with and without Kinesio tape in myofascial neck pain syndrome.

Public title

Effects of Strain counter strain technique with and without Kinesio tape in myofascial neck pain syndrome.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

1. Subject between the ages 17 and 45 years old. 2. Both male and female patients with myofascial neck pain. 3. Participant with complaints of Neck pain will be recruited. 4. Participants for this study will be strictly voluntary and informed consent will be obtained 5. Presence of active symptomatic MTrPs in the upper trapezius will be the main inclusion criteria.

Exclusion criteria:

Participants will be excluded if they have a medical diagnosis of fibromyalgia, spinal radicular findings, blood coagulation disorders, chronic pain syndrome, cancer, allergies history of cervical spine or shoulder surgery within the preceding 3 years, use of anticoagulants, opioids or antiepileptic medications, daily alcohol intake over 27.4 g for men or 13.7 g for women, and pregnancy

Age

From **17 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **50**

Randomization (investigator's opinion)

Randomized

Randomization description

Subjects will be randomly distributed (Consecutive sampling) to two groups with the use of the lottery method of randomization. Group 1 patients will get Strain counter strain technique with Kinesio taping and Group 2 will get Strain counter strain technique without Kinesio taping.

Blinding (investigator's opinion)

Single blinded

Blinding description

Outcome assessor is taken as blind and data safety will be ensured.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Riphah Ethical committee

Street address

Narowal Road zafarwal, near total pump

City

zafarwal

Postal code

51670

Approval date

2020-03-27, 1399/01/08

Ethics committee reference number

REC/RCRS/20/1054

Health conditions studied

1

Description of health condition studied

Myofascial neck pain syndrome

ICD-10 code

M54.2

ICD-10 code description

Cervicalgia

Primary outcomes

1

Description

Pain

Timepoint

Before intervention and 1 week after intervention

Method of measurement

Numeric Pain Rating Scale (NPRS)

2

Description

Disability

Timepoint

Before intervention and 1 week after intervention

Method of measurement

Neck Disability Index (NDI)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group 1: Strain counter strain with Kinesio taping

Category

Treatment - Other

2

Description

Intervention group 2: Strain counter strain without Kinesio taping

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

MAX REHAB CENTER, LAHORE

Full name of responsible person

Dr. Mubashra Ibrahim

Street address

Narowal Road zafarwal, near total pump

City

zafarwal

Postal code

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Phone

+92 542 538127

Email

mubashraibr1994@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Riphah International University

Full name of responsible person

Dr. Mubashra Ibrahim

Street address

Narowal Road zafarwal, near total pump

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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

Riphah International University

Proportion provided by this source

20

Public or private sector

Private

Domestic or foreign origin

Foreign

Category of foreign source of funding

Sponsor: country of origin

Country of origin

PK

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Riphah International University

Full name of responsible person

Dr. Mubashra Ibrahim

Position

student

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Riphah International University

Full name of responsible person

Dr. Mubashra Ibrahim

Position

Student

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Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

Riphah International University
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Email
mubashraibr1994@gmail.com
Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available