

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 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

51670

##### 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

##### City

zafarwal

##### Postal code

51670

##### Phone

+92 542 538127

##### Email

mubashraibr1994@gmail.com

#### 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

#### Street address

Narowal Road zafarwal, near total pump

#### City

zafarwal

#### Province

Punjab

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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

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## Person responsible for updating data

### Contact

#### Name of organization / entity

Riphah International University

**Full name of responsible person**

Dr. Mubashra Ibrahim

**Position**

student

**Latest degree**

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**Other areas of specialty/work**

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**Province**

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**Phone**

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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