Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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
Postal code
51670
Phone
+92 542 538127
Email
mubashraibr1994@gmail.com

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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Bachelor
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Physiotherapy
Street address
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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

Bachelor

Other areas of specialty/work

Physiotherapy

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Email

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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