

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jun 2026

### Effect of Patellar Strap and Sports Tape on pain and functional performance in football players with Patellar Tendinopathy

#### Protocol summary

##### Study aim

To compare the effect of using patellar strap and sports tape in football players with patellar tendinopathy.

##### Design

Randomized Controlled Trial, Parallel Group, Double Blind

##### Settings and conduct

The study will be conducted in Pakistan sports Board (PSB), Lahore Pakistan. Football players visiting PSB will be consented to participate in the study. The study will be single blind and the outcome assessor will be blinded by not knowing the details of the study groups. The Investigator will determine the information by the medical record number, assigned to each participant.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: • players with diagnosed case of patellar tendinopathy through ultrasound or mri. • players with age between 18 to 50 years of age. • players with pain in patellar tendon or its patellar or tibial insertion in one or both knees. • players having duration of symptoms exceeding 3 to 4 days.(12) exclusion criteria • players with acute knee pain due any pathology. • chronic joint pathology. • players with knee joint surgeries. • players with patellar tendon reconstructive surgery. • players who are unable to perform test due to any reason other than patellar tendinopathy

##### Intervention groups

Group 1: We will use Patellar Straps along with conventional method of rest, icing, elevation and compression . Group 2: We will use Sports tape in this group along with conventional method of rest, icing, elevation and compression.

##### Main outcome variables

Pain and functional performance of athlete

#### General information

##### Reason for update

##### Acronym

#### IRCT registration information

IRCT registration number: **IRCT20220216054033N2**

Registration date: **2022-04-29, 1401/02/09**

Registration timing: **prospective**

Last update: **2022-04-29, 1401/02/09**

Update count: **0**

#### Registration date

2022-04-29, 1401/02/09

#### Registrant information

##### Name

Sufian Ahmed

##### Name of organization / entity

Riphah International University Islamabad Pakistan

##### Country

Pakistan

##### Phone

+92 334 4272734

##### Email address

sufianahmedghuman@gmail.com

#### Recruitment status

**Recruitment complete**

#### Funding source

#### Expected recruitment start date

2022-05-15, 1401/02/25

#### Expected recruitment end date

2023-01-15, 1401/10/25

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### Scientific title

Effect of Patellar Strap and Sports Tape on pain and functional performance in football players with Patellar Tendinopathy

## Public title

Effect of Patellar Strap and Sports Tape on pain and functional performance in football players with Patellar Tendinopathy

## Purpose

Health service research

## Inclusion/Exclusion criteria

### Inclusion criteria:

players with diagnosed case of patellar tendinopathy through ultrasound or mri. players with age between 18 to 50 years of age. players with pain in patellar tendon or its patellar or tibial insertion in one or both knees.

players having duration of symptoms exceeding 3 to 4 days

### Exclusion criteria:

players with acute knee pain due any pathology. chronic joint pathology. players with knee joint surgeries. players with patellar tendon reconstructive surgery players who are unable to perform test due to any reason other than patellar tendinopathy

## Age

From **18 years** old to **50 years** old

## Gender

Both

## Phase

N/A

## Groups that have been masked

- Outcome assessor

## Sample size

Target sample size: **34**

## Randomization (investigator's opinion)

Randomized

## Randomization description

After selecting the subjects using Purposive sampling the included cases will randomly allocated into two groups by simple random sampling using Gold Fish bowl method. Participants will be informed about their registration Number. The participants group will be masked as A & B by the Trainer/Assessor. Pre and post Data will be collected and analyzed by the data analyst. After analysis the Groups will be unmasked.

## Blinding (investigator's opinion)

Single blinded

## Blinding description

34 Participants will be involved in my study using Purposive Sampling Technique. 2 groups of 17 participants each will be made and will be randomized using systematic sampling. Outcome assessor will be blinded by not knowing the information about the groups of the study. The Investigator will determine the information by the medical record number, assigned to each participant.

## Placebo

Not used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Riphah International University

##### Street address

Quaid e Azam Industrial State

##### City

Lahore

##### Postal code

40050

#### Approval date

2022-12-27, 1401/10/06

#### Ethics committee reference number

029271

## Health conditions studied

### 1

#### Description of health condition studied

Patellar Tendinopathy

#### ICD-10 code

M76.5

#### ICD-10 code description

Patellar tendinitis

## Primary outcomes

### 1

#### Description

Reduction in pain of football player

#### Timepoint

Before intervention and 6 weeks after intervention

#### Method of measurement

For pain assessment: numeric pain rating scale for functional assessment

## Secondary outcomes

### 1

#### Description

Increased functional outcome of the athlete

#### Timepoint

Before intervention and after 6 weeks of intervention

#### Method of measurement

Victorian institute of sports assessment: Questionnaire for Functional Performance Assessment.

## Intervention groups

## 1

### Description

Intervention group: Group 1, will include participants who will receive intervention in which patellar straps of different brands like Conwell, LiveUp, McDavid Knee Support Strap and CAMBIVO will be used to check its effectiveness on pain and functional performance.

### Category

Rehabilitation

## 2

### Description

Control group: In Group 2, it will include participants who will receive intervention of Sports tapes like Sports Rayon Zinc Oxide tape, Fastoplast Sports Tape, Dr. Sethi and Rigid White Tapes will be used along with conventional treatment method of rest, icing, compression and elevation

### Category

Rehabilitation

## Recruitment centers

## 1

### Recruitment center

#### Name of recruitment center

Pakistan Sports Board

#### Full name of responsible person

Dr. Muhammad Hashim

#### Street address

Ferozpur Road Kalma Chowk

#### City

Lahore

#### Postal code

40050

#### Phone

+92 323 4071564

#### Email

tayyaba.mustafa123@gmail.com

## Sponsors / Funding sources

## 1

### Sponsor

#### Name of organization / entity

Riphah International University

#### Full name of responsible person

Muhammad Hashim

#### Street address

Quadi azam Industrial State

#### City

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#### Postal code

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#### Phone

+92 323 4071564

#### Email

muhammad.hashim@riphah.edu.pk

### 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

1

### Public or private sector

Private

### Domestic or foreign origin

Domestic

### Category of foreign source of funding

empty

### Country of origin

### Type of organization providing the funding

Academic

## Person responsible for general inquiries

### Contact

#### Name of organization / entity

Fatima Memorial Hospital

#### Full name of responsible person

Tayyaba Mustafa

#### Position

Lecturer

#### Latest degree

Bachelor

#### Other areas of specialty/work

Physiotherapy

#### Street address

FMH Shadman

#### City

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#### Province

Punjab

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#### Phone

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#### Email

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## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

Riphah International University

#### Full name of responsible person

Muhammad Hashim

#### Position

Assistant Professor

#### Latest degree

Master

#### Other areas of specialty/work

Physiotherapy

#### Street address

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muhammad.hashim@riphah.edu.pk

## Person responsible for updating data

### Contact

**Name of organization / entity**  
Riphah International University  
**Full name of responsible person**  
Muhammad Hashim  
**Position**  
Assistant Professor  
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40050  
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+92 323 4071564  
**Email**  
muhammad.hashim@riphah.edu.pk

## Sharing plan

### Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

### Justification/reason for indecision/not sharing IPD

There is no further information

### Study Protocol

No - There is not a plan to make this available

### Statistical Analysis Plan

No - There is not a plan to make this available

### Informed Consent Form

No - There is not a plan to make this available

### Clinical Study Report

No - There is not a plan to make this available

### Analytic Code

No - There is not a plan to make this available

### Data Dictionary

No - There is not a plan to make this available