

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 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

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tayyaba.mustafa123@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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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

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

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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

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Latest degree

Master

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Person responsible for updating data

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
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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