

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

EFFECT OF MULLIGAN'S PAIN RELEASE PHENOMENON ALONG WITH KINESIOTAPING IN PATELLOFEMORAL PAIN SYNDROME

Protocol summary

Study aim

patellofemoral pain syndrome

Design

randomized clinical trial

Settings and conduct

district headquarter hospital Jhang and Iqbal memorial hospital Jhang

Participants/Inclusion and exclusion criteria

Inclusion criteria: • 18-40 years adults having PFP for more than three months • PFP bring forth during clinical examination (patellar grind test, apprehension test) • PFP in at least two functional activities (sitting for long time, stairs climbing, running, squatting, kneeling and jumping) • Both male & female • Patients with moderate pain ranging from 3 to 7 Exclusion criteria: • Any lower limb surgery in past 6 months • History of dislocation or subluxation of patella in past 6 months • Allergy from taping • Chronic illness that may limit training • Knee osteoarthritis (patellofemoral and tibiofemoral joint) • Chondromalacia patellae • Pes anserine bursitis

Intervention groups

two groups(group A & group B): both groups get 12 session with alternate days in 4 weeks.

Main outcome variables

visual analogue scale and Anterior Knee Pain Scale

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220520054932N1**

Registration date: **2022-05-27, 1401/03/06**

Registration timing: **retrospective**

Last update: **2022-05-27, 1401/03/06**

Update count: **0**

Registration date

2022-05-27, 1401/03/06

Registrant information

Name

Hafiza Kinza Shakoor

Name of organization / entity

The University of Faisalabad

Country

Pakistan

Phone

+92 309 1106072

Email address

mspp-fa20-030@tuf.edu.pk

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-03-20, 1400/12/29

Expected recruitment end date

2022-03-28, 1401/01/08

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

EFFECT OF MULLIGAN'S PAIN RELEASE PHENOMENON ALONG WITH KINESIOTAPING IN PATELLOFEMORAL PAIN SYNDROME

Public title

EFFECT OF MULLIGAN'S PAIN RELEASE PHENOMENON ALONG WITH KINESIOTAPING IN PATELLOFEMORAL PAIN SYNDROME

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

- 18-40 years adults having PFP for more than three months
- PFP bring forth during clinical examination (patellar grind test, apprehension test)
- PFP in at least two functional activities (sitting for long time, stairs climbing, running, squatting, kneeling and jumping)
- Both male & female
- Patients with moderate pain ranging from 3 to 7

Exclusion criteria:

- Any lower limb surgery in past 6 months
- History of dislocation or subluxation of patella in past 6 months
- Allergy from taping
- Chronic illness that may limit training
- Knee osteoarthritis (patellofemoral and tibiofemoral joint)
- Chondromalacia patellae
- Pes anserine bursitis (2)

Age

From **18 years** old to **40 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

patients that fulfill the inclusion criteria will be randomly divided into experimental and active control group by using the lottery method

Blinding (investigator's opinion)

Single blinded

Blinding description

participant is blinded means they do not know what treatment the other group gets.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of the university of Faisalabad

Street address

house#560, Mohalla sheikh lahory

City

Jhang Sadar

Postal code

35200

Approval date

2022-03-13, 1400/12/22

Ethics committee reference number

1021

Health conditions studied

1

Description of health condition studied

Patellofemoral pain syndrome

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

pain

Timepoint

total 4 weeks of interventional period with alternate days contain 12 sessions. visual analogue scale will be used before and after completion of treatment session

Method of measurement

visual analogue scale

Secondary outcomes

1

Description

Anterior knee pain

Timepoint

total 4 weeks of interventional period with alternate days contain 12 sessions. Anterior Knee Pain scale will be used before and after completion of treatment session

Method of measurement

Anterior Knee Pain scale

Intervention groups

1

Description

Intervention group: 1, this group will receive Mulligan's pain release phenomenon and baseline treatment(kinesiotaping, strengthening of vastus medialis oblique muscle and Ultrasonic) in 12 sessions for 4 weeks with alternate days. compression PRP will be provided by compressing patella against condyles of femur then knee joint will be moved in flexion and extension while maintaining the compression for 15 seconds. visual analogue scale and Anterior Knee Pain scale will be used to get reading before and after the completion of treatment sessions

Category

Rehabilitation

2

Description

Active Control group: Group B will be given Baseline

treatment which includes Kinesiotaping of patellofemoral joint and strengthening of Vastus medialis Oblique muscle and Ultrasonic. in 12 sessions for 4 weeks with alternate days. visual analogue scale and Anterior Knee Pain scale will be used to get reading before and after the completion of treatment sessions

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

DHQ Hospital Jhang

Full name of responsible person

Dr Riffat Amar

Street address

house # 560, Mohalla Sheikh Lahory

City

Jhang

Postal code

35200

Phone

+92 309 1106072

Email

hafizakinzashakoor567@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Faisalabad

Full name of responsible person

Dr Sidra Majeed

Street address

house # 560, Mohalla Sheikh Lahory

City

Jhang Sadar

Postal code

35200

Phone

+92 309 1106072

Email

hafizakinzashakoor567@yahoo.com

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

The University of Faisalabad

Proportion provided by this source

100

Public or private sector

Private

Domestic or foreign origin

Foreign

Category of foreign source of funding

Sponsor: country of origin

Country of origin

Pa

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

The University of Faisalabad

Full name of responsible person

Dr Sidra Majeed

Position

Assistant Professor

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

house #560, Mohalla sheikh lahory

City

Jhang Sadar

Province

Punjab

Postal code

35200

Phone

+92 309 1106072

Email

hafizakinzashakoor567@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

The University of Faisalabad

Full name of responsible person

Dr Sidra Majeed

Position

Assistant Professor

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

House # 560, Mohalla sheikh lahory

City

Jhang Sadar

Province

Punjab

Postal code

35200

Phone

+92 309 1106072

Email

hafizakinzashakoor567@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity

Private clinic

Full name of responsible person

Dr Hafiza Kinza Shakoor

Position

clinical Physiotherapist

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

house # 560, Mohalla sheikh lahory

City

Jhang Sadar

Province

Punjab

Postal code

35200

Phone

+92 309 1106072

Email

hafizakinzashakoor567@yahoo.com

Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is 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

Title and more details about the data/document

IPD collected for primary and secondary outcome measures

When the data will become available and for how long

Jan 2023

To whom data/document is available

people working in any domain can be authorized to get this data

Under which criteria data/document could be used

Any wrong information or editorial errors

From where data/document is obtainable

this data is only available on-demand via email mention to the person responsible

What processes are involved for a request to access data/document

documents can also be processed via university emails

Comments

Data is private legacy respect it