

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Investigating the effects of adding kinesio taping to Mulligan'S mobilization on pain, range of motion, pain pressure thershold, joint proprioception and disability in patients with chronic nonspecific cervical pain

#### Protocol summary

##### Study aim

Assessing the effects of adding kinesio taping to Mulligan' mobilization on pain, range of motion, pressure pain threshold, proprioception, and disability in patients with non-specific chronic neck pain

##### Design

The study is a clinical trial with a single-blind (patient) design. Thirty patients with non-specific chronic neck pain are divided into two groups by simple randomization using a sealed envelope

##### Settings and conduct

A common issue of patients with neck pain is the disturbance in proprioception and the chronicity of symptoms, so this study aimed to investigate the effect of the of Mulligan's mobilization with kinesio tape on patients referring to the physiotherapy clinic of Tehran University, especially on proprioception.

##### Participants/Inclusion and exclusion criteria

Patients with non-specific chronic neck pain (aged 20 to 55, with a history of pain: at least six months, pain intensity: at least 30 on the VAS, and a minimum disability score of 10 on the NDI) are included. Patients with a history of vertebral fractures, dislocations, malignancies, infections, osteoporosis, ankylosing spondylitis, vascular neck disorders, dizziness, headaches, vestibular disorders, spinal malalignment, and those with referred pain to the hands are excluded from the study. Additionally, individuals who have received manual therapy within the past three months or those with sensitivity to Kinesio taping are excluded.

##### Intervention groups

Both groups initially receive conventional PT, including TENS, hot packs, and ultrasound. Subsequently, Mulligan's mobilization is applied to the C3 to C7 vertebrae. In the experimental group, in addition to these modalities, Kinesio tape is also applied.

Furthermore, the patients are instructed in performing isometric neck exercises in six directions.

##### Main outcome variables

Pain intensity, active ROM, PPT, joint proprioception, disability

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20220910055927N1**

Registration date: **2023-09-13, 1402/06/22**

Registration timing: **registered\_while\_recruiting**

Last update: **2023-09-13, 1402/06/22**

Update count: **0**

##### Registration date

2023-09-13, 1402/06/22

##### Registrant information

##### Name

Fateme Dokhaei

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 5505 0791

##### Email address

f-dokhaei@razi.tums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-09-11, 1402/06/20

**Expected recruitment end date**

2023-11-11, 1402/08/20

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Investigating the effects of adding kinesio taping to Mulligan'S mobilization on pain, range of motion, pain pressure threshold, joint proprioception and disability in patients with chronic nonspecific cervical pain

**Public title**

The effects of manual therapy and taping in neck pain

**Purpose**

Treatment

**Inclusion/Exclusion criteria****Inclusion criteria:**

Patients aged 20 to 55 years with neck pain who have no specific anatomical or pathological cause for their pain have experienced neck pain for a minimum of 6 months The severity of patients' pain before intervention should be at least 30 on the visual analog scale. Their disability level, according to the neck disability index, should be a minimum of 10

**Exclusion criteria:**

Individuals with a history of trauma, fractures, or spinal and thoracic surgeries A history of vertebral dislocation or instability History of malignancy or infection Patients with osteoporosis People with rheumatoid arthritis or ankylosing spondylitis Presence of neck vascular disorders The radiation of pain from the neck to the arm, forearm, or hand Bad posture and deformity of Spinal column, dizziness, headache and vestibular disorders Individuals who have received any form of manual therapy for neck vertebrae within the past three months Individuals who are sensitive to kinesio tape

**Age**

From **20 years** old to **55 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

- Participant

**Sample size**

Target sample size: **30**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

After initial assessments, patients are randomly assigned to one of the two groups of intervention and control (method: simple randomization - unit: individual). One envelope containing blue paper and one envelope containing red paper (randomization tool: sealed envelope) are given to the patients, if the patient choose the envelope containing blue paper, will be in the intervention group and if he chose the envelope

containing red paper will be in the control group

**Blinding (investigator's opinion)**

Single blinded

**Blinding description**

Blinding in this study will be single-blind, and in fact, participants will not know which study group they are in

**Placebo**

Not used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Ethics Committee of Tehran University of Medical Sciences

**Street address**

Vice Chancellor for Research, 6th Floor, Central University Organization, Corner of Ghods St, Keshavarz Blvd.

**City**

Tehran

**Province**

Tehran

**Postal code**

1417653761

**Approval date**

2022-11-13, 1401/08/22

**Ethics committee reference number**

IR.TUMS.FNM.REC.1401.105

**Health conditions studied****1****Description of health condition studied**

non specific chronic cervical pain

**ICD-10 code**

M50.9

**ICD-10 code description**

Cervical disc disorder, unspecified

**Primary outcomes****1****Description**

Pain Intensity

**Timepoint**

Before the intervention, immediately after the first intervention session and after 6th intervention session (last session)

**Method of measurement**

Visual Analogue Scale

## 2

### **Description**

Active range of motion

### **Timepoint**

Before the intervention, immediately after the first intervention session and after 6th intervention session (last session)

### **Method of measurement**

Clinometer

## 3

### **Description**

Pressure pain threshold

### **Timepoint**

Before the intervention, immediately after the first intervention session and after 6th intervention session (last session)

### **Method of measurement**

Algometer

## 4

### **Description**

Joint proprioception

### **Timepoint**

Before the intervention, immediately after the first intervention session and after 6th intervention session (last session)

### **Method of measurement**

Joint repositioning tests

## 5

### **Description**

Disability

### **Timepoint**

Before the intervention, immediately after the first intervention session and after 6th intervention session (last session)

### **Method of measurement**

Neck disability index

## **Secondary outcomes**

empty

## **Intervention groups**

### 1

#### **Description**

Intervention group: Group 1 (n=15) received Mulligan mobilization of the third to seventh cervical vertebrae along with conventional PT (TENS, hot pack, ultrasound and neck isometric exercise), three times a week for two weeks.

#### **Category**

Rehabilitation

## 2

### **Description**

Control group: Group 2 (n=15 ) after Mulligan's mobilization of third to seventh neck vertebrae and conventional PT (TENS, hot pack and ultrasound and neck isometric exercise), kinesio tape for neck extensor muscles is attached. The interventions is performed three times a week for two weeks.

### **Category**

Rehabilitation

## **Recruitment centers**

### 1

#### **Recruitment center**

##### **Name of recruitment center**

Tehran University of Medical Sciences

##### **Full name of responsible person**

Fateme Dokhaei

##### **Street address**

Central University Organization, corner of Quds Street, Keshavarz Boulevard

##### **City**

Tehran

##### **Province**

Tehran

##### **Postal code**

1417653761

##### **Phone**

+98 21 7752 8468

##### **Email**

f-dokhaei@razi.tums.ac.ir

## **Sponsors / Funding sources**

### 1

#### **Sponsor**

##### **Name of organization / entity**

Tehran University of Medical Sciences

##### **Full name of responsible person**

Akbar Fotouhi

##### **Street address**

Vice Chancellor for Research and Technology, sixth floor, Central University Organization, corner of Quds Street, Keshavarz Boulevard

##### **City**

Tehran

##### **Province**

Tehran

##### **Postal code**

1417653761

##### **Phone**

+98 21 8163 3639

##### **Email**

research@tums.ac.ir

#### **Grant name**

#### **Grant code / Reference number**

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

Yes  
**Title of funding source**  
Tehran University of Medical Sciences  
**Proportion provided by this source**  
100  
**Public or private sector**  
Public  
**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**  
Tehran University of Medical Sciences  
**Full name of responsible person**  
Fateme Dokhaei  
**Position**  
Master student  
**Latest degree**  
Bachelor  
**Other areas of specialty/work**  
Physiotherapy  
**Street address**  
School of Rehabilitation, Piche- Shemiran, Enghelab  
Street  
**City**  
Tehran  
**Province**  
Tehran  
**Postal code**  
1148965111  
**Phone**  
+98 21 7752 8468  
**Email**  
f-dokhaei@razi.tums.ac.ir

## Person responsible for scientific inquiries

**Contact**  
**Name of organization / entity**  
Tehran University of Medical Sciences  
**Full name of responsible person**  
Azadeh Shadmehr  
**Position**  
Professor  
**Latest degree**  
Ph.D.  
**Other areas of specialty/work**  
Physiotherapy  
**Street address**  
School of Rehabilitation, Piche- Shemiran, Enghelab  
Street  
**City**  
Tehran  
**Province**

Tehran  
**Postal code**  
1148965111  
**Phone**  
+98 21 7752 8468  
**Email**  
Shadmehr@tums.ac.ir

## Person responsible for updating data

**Contact**  
**Name of organization / entity**  
Tehran University of Medical Sciences  
**Full name of responsible person**  
Fateme Dokhaei  
**Position**  
MSc. student  
**Latest degree**  
Bachelor  
**Other areas of specialty/work**  
Physiotherapy  
**Street address**  
School of Rehabilitation, Piche- Shemiran, Enghelab  
Street  
**City**  
Tehran  
**Province**  
Tehran  
**Postal code**  
1148965111  
**Phone**  
+98 21 7752 8468  
**Email**  
f-dokhaei@razi.tums.ac.ir

## 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**  
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**  
Yes - There is a plan to make this available  
**Data Dictionary**  
Undecided - It is not yet known if there will be a plan to make this available  
**Title and more details about the data/document**  
All data potentially becomes shareable after anonymization of individuals  
**When the data will become available and for how long**  
The access period begins three months after the publication of the articles  
**To whom data/document is available**  
For researchers employed in academic, scientific, and

hospital institutions

**Under which criteria data/document could be used**

Researchers working in the field of musculoskeletal physiotherapy and manual therapy.

**From where data/document is obtainable**

Applicants seeking documentation can contact Mrs.

Fateme Dokhaei via email. [f-dokhaei@razi.tums.ac.ir](mailto:f-dokhaei@razi.tums.ac.ir)

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

Once the necessary conditions are met, the information will be available to them within one month.

**Comments**