

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparative Effect of Kinesio taping with and without conventional physical therapy in obese women with pes planus.

Protocol summary

Study aim

The aim of this study is to Compare effects of Kinesio taping with or without conventional physical therapy in obese women with pes planus.

Design

A single blinded randomized controlled trial, conducted on 72 patients, equally divided into two groups, single centered study.

Settings and conduct

The university of Lahore teaching hospital, single blinded study.

Participants/Inclusion and exclusion criteria

Age of young adults (25-60) years having navicular drop with BMI Body mass index (BMI, kg/m²) above(<25) considering obese female are included and Skeletal or structural injury of lower extremities, Ankle sprain or surgery within 6 months, Any nervous system diseases or Any nervous system diseases are excluded.

Intervention groups

70 patients will be randomly divided into control and experimental groups. The control group will receive kinseio taping while the experimental group will receive kinesio taping along with conventional physical therapy.

Main outcome variables

Navicular Drop, Foot Functionality.

General information

Reason for update

Acronym

RCT

IRCT registration information

IRCT registration number: **IRCT20230703058650N1**

Registration date: **2023-08-17, 1402/05/26**

Registration timing: **registered_while_recruiting**

Last update: **2023-08-17, 1402/05/26**

Update count: **0**

Registration date

2023-08-17, 1402/05/26

Registrant information

Name

Zainab Nasrullah

Name of organization / entity

The University of lahore

Country

Pakistan

Phone

+92 308 1026277

Email address

zainab.nasrullah@admin.uol.edu.pk

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-08-15, 1402/05/24

Expected recruitment end date

2023-10-20, 1402/07/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparative Effect of Kinesio taping with and without conventional physical therapy in obese women with pes planus.

Public title

Comparative Effect of Kinesio taping with and without conventional physical therapy in obese women with pes planus.

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria:

- Age of young adults (25-60) years
- Having a navicular drop distance
- Obese Females Body mass index (BMI, kg/m²) above(<25

Exclusion criteria:

- Skeletal or structural injury of lower extremities
- Ankle sprain or surgery within 6 months
- Any nervous system diseases
- Any lower limb deformities
- Unwillingness to continue the study

Age

From **25 years** old to **60 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Investigator

Sample size

Target sample size: **72**

Randomization (investigator's opinion)

Randomized

Randomization description

By using computer generated random number table, patients will be randomly assigned into two groups. All those random numbers will be enclosed in sealed envelopes. A third person (who will further not be the part of research) will open envelopes and the patients will be allocated to the mentioned group accordingly.

Blinding (investigator's opinion)

Single blinded

Blinding description

An independent assessor, who will be a senior and experienced physiotherapist and further will not be the part of study will perform the assessment of patients

Placebo

Not used

Assignment

Parallel

Other design features

No

Secondary Ids

empty

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

Institutional review board

Street address

1-km, Defence Road, Off Bhubatian Chowk , Lahore

City

Lahore

Postal code

51000

Approval date

2023-07-11, 1402/04/20

Ethics committee reference number

Ref No REC-UOL-448-07-2023

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

Pes Planus

ICD-10 code

M21.40

ICD-10 code description

Flat foot [pes planus] (acquired), unspecified foot

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

Navicular drop, Foot Functionality

Timepoint

Before intervention and after 4 weeks of intervention

Method of measurement

Staheliplanter Arch Index, Navicular Drop Test (NDT), Foot Function Index

Secondary outcomes**1****Description**

Foot Functionality

Timepoint

Before intervention and after 4 weeks of intervention

Method of measurement

Foot Function Index

Intervention groups**1****Description**

Group A: This group will receive kinesio taping , Kinesio Tape (KT) applied In the prone position, the participants flexed their knee and 3 strips of Kinesio tape (Kinesio® TexGold™ FP, U.S.A) with 100% tension in the middle were applied on the transverse arch, aiming to enhance its static stability. Another strip of Kinesio tape with 75% tension was applied on the tibialis posterior, from the fifth metatarsal head, around the navicular and posterior medial malleolus to half of the tibia. The tapes were warmed by rubbing them immediately after application to maximize adhesion.

Category

Treatment - Other

2**Description**

Group B: This group will receive kinesio taping (KT) with conventional physical therapy exercises Heel raises:

Patient was in standing position and has to perform heel raises 20 times. (Without shoes),TA Stretching: The patient was taken in supine position Researcher was positioned to side of the patient and applied a passive stretch leading to 30 sec hold and was repeated 5 times each session, Toe Spreading exercises: The patient was in sitting or standing position and shall be instructed to stabilize the ball of the foot on the ground while lifting and spreading out the toes, Frequency: 20 times, intensity: 5 sec holds, type of contraction: isometric contraction ,Toe extension exercises: The patient was in sitting or standing position and was instructed to lift the big toe against the floor. Frequency: 20 times, intensity: 5 sec holds, type of contraction: isometric contraction Each exercise will be of 2 sessions a day.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

The University of Lahore Teaching Hospital

Full name of responsible person

Zainab Nasrullah

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1-km, Defence Road, Off Bhotatian Chowk , Lahore

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lahore

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Phone

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Email

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Lahore

Full name of responsible person

Zainab Nasrullah

Street address

university of lahore

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LAHORE

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+92 302 6099150

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Zainabnasrullah123@gmail.com

Grant name

Grant code / Reference number

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

No

Title of funding source

The University of Lahore

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

The University of Lahore, Pakistan

Full name of responsible person

Zainab Nasrullah

Position

Officer

Latest degree

Bachelor

Other areas of specialty/work

Administration

Street address

the university of lahore main campus near bhotatian chowk

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LAHORE

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Punjab

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Person responsible for scientific inquiries

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Web page address

Person responsible for updating data

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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

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

All collected identified IPD

When the data will become available and for how long

Data will be available after the completion of study and will remain available till 6 months

To whom data/document is available

Data will be available for other people almost 6 months after the completion of study

Under which criteria data/document could be used

The data/document could be used by communicating with the principle investigator "Zainab Nasrullah" on email address "zainabnasrullah123@gmail.com".

From where data/document is obtainable

Zainab Nasrullah, zainabnasrullah123@gmail.com

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

The data/document can be accessed through communicating with the principle investigator "Zainab Nasrullah" on email address "zainabnasrullah123@gmail.com".

Comments

N/A