

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effectiveness of Weight Bearing Exercises With & Without Kinesio Taping on knee pain and ROM in Patient with Patellofemoral Pain Syndrome

Protocol summary

Study aim

The Purpose Of This Study Will Be To Evaluate The Efficacy Of Weight Bearing Exercises With And Without Kinesio Taping In Improving The Clinical Outcomes In PFPS Patients.

Design

Randomized, Blinded And Every Individual Participant Of PFPS is Involved in The Study. sample size: 48

Settings and conduct

Hospital Settings include the following: 1- Allied Hospital Faisalabad 2- Aziz Fatima hospital Faisalabad 3- Madina teaching hospital Faisalabad 4- Health 360 5- Awais Bin inam Clinic

Participants/Inclusion and exclusion criteria

Inclusion criteria: Both Genders; age 15-30 years; PFPS undiagnosed patients; anterior knee pain and retro patellar pain; presence of pain on palpation; 3 of pain more than 6 weeks. Exclusion criteria: history of knee injury and surgery; patient with meniscal injury; surgery recent injury; knee cap dislocation; patellar instability; knee effusion

Intervention groups

2 groups Intervention group A (weight bearing exercises with Kinesio Taping) Intervention group B (weight Bearing Exercises only) Both groups included in inclusion and exclusion criteria. Both groups are experiencing knee pain and decrease knee function and Range of motion. Diagnosed both groups with the help of Kujula score and Goniometer, and assess level of pain through Visual analogue scale.

Main outcome variables

Visual analogue scale (for measuring Pain) it consist of 1 to 10 numbers. Kujula Score (for knee pain and Function) have several questions to ask from patients Goniometer (for Range of motion)

General information

Reason for update

Acronym

Randomized Control Trails

IRCT registration information

IRCT registration number: **IRCT20241224064154N1**

Registration date: **2025-04-29, 1404/02/09**

Registration timing: **retrospective**

Last update: **2025-04-29, 1404/02/09**

Update count: **0**

Registration date

2025-04-29, 1404/02/09

Registrant information

Name

Haseeb Arain

Name of organization / entity

The University of Faisalabad

Country

Pakistan

Phone

+92 308 3249224

Email address

2021-d-pt-059@tuf.edu.pk

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-01-20, 1403/11/01

Expected recruitment end date

2025-04-20, 1404/01/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of Weight Bearing Exercises With &

Without Kinesio Taping on knee pain and ROM in Patient with Patellofemoral Pain Syndrome

Public title

Results of weight bearing Exercises with Kinesio Taping in knee pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Both Genders Age: 15-30 PFPS undiagnosed patients Ant and retro patellar knee pain Presence of pain on palpation Duration of symptoms more than 6 weeks

Exclusion criteria:

History of knee injury & surgery Patient with miniscal injury Recent fracture Knee cap dislocation Patellar instability Knee effusion

Age

From **15 years** old to **30 years** old

Gender

Both

Phase

1-2

Groups that have been masked

- Participant
- Outcome assessor
- Data analyser

Sample size

Target sample size: **48**

Randomization (investigator's opinion)

Randomized

Randomization description

Purposive Sampling Technique will be used. Simple and individual method of Randomization. Randomization tools include randomly allocate patients in 2 groups (Group 1 with Intervention one, which is Weight bearing with Kinesio Taping) (Group 2 with Intervention two, which is Weight bearing Exercises)

Blinding (investigator's opinion)

Triple blinded

Blinding description

Patients are blinded in our study because we give intervention to PFPS patients with two different treatment's so we blind our patients to check better outcomes of combined approach or single approach. we blind assessor and data analyzer to prevent from biasness in study.

Placebo

Not used

Assignment

Single

Other design features

It is Randomized Control Trails in Which We Give Intervention To Patellofemoral Pain Syndrome Patients By Giving 2 Types of Treatment.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

ethical committee of The university of Faisalabad

Street address

Canal road, Faisalabad

City

Faisalabad

Postal code

8839

Approval date

2025-01-15, 1403/10/26

Ethics committee reference number

TUF/IRB/17/25

Health conditions studied

1

Description of health condition studied

Patellfemoral pain syndrome is commonly occur in athletes and sports man, after the young age age. Patient experiencing anterior knee pain and retro patellar pain with decreased range of motion of knee joint. It also occur in knee osteoarthritis, osteoporosis, chondromalacia patella.

ICD-10 code

XIII

ICD-10 code description

disease of musculoskeletal and connective tissues

Primary outcomes

1

Description

Pain

Timepoint

1 month

Method of measurement

Visual Analogue Scale

2

Description

ROM

Timepoint

1 month

Method of measurement

Goniometer

3

Description

function and Quality of life

Timepoint

1 month

Method of measurement

Kujula Score Questionare

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group 1: Weight bearing Exercises will performed on that group.

Category

Treatment - Other

2

Description

Intervention group 2: Weight bearing exercises with Kinesio Taping will be applied.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Madina teaching hospital

Full name of responsible person

Dr. Noreen kiran, PT

Street address

Sargodha road, Faisalabad

City

Faisalabad

Postal code

8839

Phone

+92 316 3159708

Email

Noorri90@gmail.com

Web page address

<https://www.tuf.edu.pk>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Faisalabad

Full name of responsible person

Dr. Noreen kiran, PT

Street address

Faisalabad

City

Faisalabad

Postal code

8899

Phone

+92 345 1438143

Email

noorri90@gmail.com

Web page address

<http://www.tuf.edu.pk>

Grant name

Self study, university didn't giving any grant for this

Grant code / Reference number

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

No

Title of funding source

Researchers by their own: Haseeb Arain, Muhammad Siddique, Khalil Afzal

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

Other

Person responsible for general inquiries

Contact

Name of organization / entity

The University of Faisalabad

Full name of responsible person

Dr. Noreen kiran, PT

Position

Lecturer

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

Samnabad, Faisalabad

City

Faisalabad

Province

Punjab

Postal code

8839

Phone

+92 345 1438143

Email

noorri90@gmail.com

Web page address

<http://www.tuf.edu.pk>

Person responsible for scientific inquiries

Contact

Name of organization / entity

The University of Faisalabad

Full name of responsible person

Dr. Noreen kiran, PT

Position

Lecturer and Reaserch supervisor

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

Samnabad, Faisalabad

City

Faisalabad

Province

Punjab

Postal code

8839

Phone

+92 345 1438143

Email

noorri90@gmail.com

Web page address

<https://www.tuf.edu.pk>

Phone

+92 308 3249224

Email

haseebarain194@gmail.com

Web page address

<https://www.tuf.edu.pk>

Person responsible for updating data**Contact****Name of organization / entity**

The University of Faisalabad

Full name of responsible person

Haseeb Arain

Position

Final year student

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

Street address

Grid station, Manawala Faisalabad

City

Faisalabad

Province

Punjab

Postal code

8839

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

Data will collect from different public and private hospitals setting in which we recruit the participants experiencing knee pain.

When the data will become available and for how long

For 2 months

To whom data/document is available

Supervisor

Under which criteria data/document could be used

Kujula score will used, Goniometer also used

From where data/document is obtainable

Hospitals

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

Patients records file

Comments

Data collection completed in 2 months.