Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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
Randamozied 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

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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
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Sargodha road, Faisalabad
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Sponsors / Funding sources

1

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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
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Master
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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
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.