# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

10 Jun 2026

## "Assessing the effectiveness of Kinesio Taping in Enhancing Conventional Therapies for Chronic Neck Pain - A Randomized Controlled Trial"

## Protocol summary

**Study aim**

The study aims to evaluate the short-term effects of Kinesio Taping on pain intensity and neck functional status using the Numerical Rating scale (NRS) and the Oswestry Neck Disability Index (ONDI).

**Design**

A randomized controlled trial (RCT) with a parallel-group design will compare Kinesio Taping + standard care vs. standard care alone in 100 neck pain patients. Randomization will be concealed. Assessments will be conducted at 24 hours, 3 days, and 1 week post-intervention.

**Settings and conduct**

The trial will be conducted in clinical settings. Participants will be randomly allocated to the intervention or control group. This is an open-label study; therefore, blinding will not be applied to participants, investigators, or outcome assessors.

**Participants/Inclusion and exclusion criteria**

-Inclusion Criteria: Adults aged 18-70 years.Chronic neck pain.Trauma or injury to the neck or Cervical spine.Informed consent and participate in the study. -Exclusion Criteria: Recent surgery of neck.History of neck or cervical spine fractures.Presence of cancer in neck or cervical spine.Pregnant or breast feeding women.Skin allergies, open wounds and infections in neck area.Patients with inflammatory diseases(e.g Rheumatoid arthritis,Ankylosing Spondylitis). Neurological disorder and Neck trauma.

**Intervention groups**

The intervention group will receive Kinesio Taping (K-tape) on the neck based on standard KT guidelines. Taping will be applied for three consecutive days and reapplied over one week. Physiotherapy, exercises, and NSAIDs will be provided as needed.

**Main outcome variables**

Numeric pain rating scale(NRS) and Oswestry neck disability index(ONDI).

## General information

**Reason for update**

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT20250308064984N1**
Registration date: **2025-04-13, 1404/01/24**
Registration timing: **retrospective**

Last update: **2025-04-13, 1404/01/24**
Update count: **0**

**Registration date**

2025-04-13, 1404/01/24

**Registrant information**

**Name**
Hafsa Alam
**Name of organization / entity**
Combined Military Hospital Kohat Pakistan
**Country**
Pakistan
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**Recruitment status**

**Recruitment complete**

**Funding source**

**Expected recruitment start date**

2024-11-01, 1403/08/11

**Expected recruitment end date**

2025-01-01, 1403/10/12

**Actual recruitment start date**

2024-01-01, 1402/10/11

**Actual recruitment end date**

2025-01-01, 1403/10/12

**Trial completion date**

2025-01-01, 1403/10/12

**Scientific title**
"Assessing the effectiveness of Kinesio Taping in Enhancing Conventional Therapies for Chronic Neck Pain - A Randomized Controlled Trial"

**Public title**
Assessing the effectiveness of Kinesio Taping for Chronic Neck Pain

**Purpose**
Treatment

**Inclusion/Exclusion criteria**

**Inclusion criteria:**
Adults aged 18-70 years Diagnosed with Chronic Neck Pain No recent trauma or injury to the neck or Cervical spine Ability to provide informed consent and participate in the study

**Exclusion criteria:**
Recent surgery of neck History of neck or cervical spine fractures Presence of cancer in neck or cervical spine Pregnant or breast feeding women Skin allergies, open wounds and infections in neck area Patients with inflammatory diseases(e.g Rheumatoid arthritis,Ankylosing Spondylitis) Neurological disorder and trauma to the neck

**Age**
From **18 years** old to **70 years** old

**Gender**
Both

**Phase**
3

**Groups that have been masked**
*No information*

**Sample size**
Target sample size: **100**
Actual sample size reached: **100**

**Randomization (investigator's opinion)**
Randomized

**Randomization description**
This study is a randomized controlled trial (RCT) using a simple randomization method. Participants will be randomly assigned to one of two groups: (1) Kinesio Taping plus standard care, or (2) Standard care only. Method of randomization: Simple randomization. Unit of randomization: Individual participants. Stratification: Participants will be stratified based on age (18–70 years) and pain severity level (mild, moderate, or severe). Tool used for randomization: SPSS software. Random sequence generation: Computer-generated randomization sequence. Random allocation process: Allocation will be conducted using a pre-generated random sequence to ensure unbiased assignment. Concealment will be maintained using sealed, opaque, sequentially numbered envelopes. Outcome measures: Numeric Rating Scale (NRS) will be used to assess pain level, and the Oswestry Neck Disability Index (ONDI) will be used to evaluate neck disability.

**Blinding (investigator's opinion)**
Not blinded

**Blinding description**

**Placebo**
Used

**Assignment**
Parallel

**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**

**Name of ethics committee**
Institutional Review Board, Combined Military Hospital

**Street address**
Kohat KPK Pakistan

**City**
Kohat

**Postal code**
26000

**Approval date**
2024-09-20, 1403/06/30

**Ethics committee reference number**
E-2005/A/102

## Health conditions studied

### 1

**Description of health condition studied**
Neck or Cervical spine pain

**ICD-10 code**
M54.2

**ICD-10 code description**
Cervicalgia

## Primary outcomes

### 1

**Description**
Pain Reduction by applying Kinesio Taping on cervical pain.

**Timepoint**
Baseline (Pre-Intervention) 24 hours, 3 days and 1 week post application of Kinesio Taping.

**Method of measurement**
Pain reduction will be assessed using Numerical Rating Scale (NRS): An 11-point scale (0-10) where patients rate their pain intensity. Assessments will be conducted at baseline 24 hours, 3 days and 1 week post application of Kinesio tape.

## Secondary outcomes

### 1

**Description**
Neck functional status in individuals with cervical pain.

**Timepoint**
Baseline (pre-intervention), 24 hours, 3 days and 1 week

post application of Kinesio taping.

**Method of measurement**

Functional improvements will be assessed using Oswestry Neck Disability Index (ONDI). The ONDI scale evaluates pain, stiffness, and physical function with higher score indicating worse symptoms. Assessment will be conducted at baseline, 24 hours, 3 days and 1 week post application.

## Intervention groups

### 1

**Description**

Intervention group: Participants will receive Kinesio Taping (K-Tape) applied to the cervical region. The tape will be worn continuously for 24 hours. Pain and functional improvemnets will be assessed at baseline, 24 hours, 3 days and 1 week post application using the Numerical Rating Scale (NRS) and ONDI scale.

**Category**

Other

### 2

**Description**

Control group: Participants will recieve standard care (without kinesio taping).Pain and functional improvement will be assessed at baseline, 24 hours, 3 days, and 1 week post application using the Numeric rating scale(NRS) and Oswestry neck disability index.

**Category**

Other

## Recruitment centers

### 1

**Recruitment center**

**Name of recruitment center**

Department of Physical Medicine and Rehabilitation CMH Kohat KPK, Pakistan

**Full name of responsible person**

Dr Syed Tameem-UL-Hassan

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Combined Military Hospital Kohat, KPK, Pakistan

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## Sponsors / Funding sources

### 1

**Sponsor**

**Name of organization / entity**

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**Full name of responsible person**

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**Grant name**

Government Institute

**Grant code / Reference number**

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

Yes

**Title of funding source**

Combined Military Hospital Kohat

**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**

Other

## Person responsible for general inquiries

**Contact**

**Name of organization / entity**

Combined Military Hospital Kohat

**Full name of responsible person**

Hafsa Alam

**Position**

Physiotherapy Intern

**Latest degree**

Bachelor

**Other areas of specialty/work**

Physiotherapy

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## Person responsible for scientific inquiries

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## 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**
Undecided - It is not yet known if there will be 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**
Undecided - It is not yet known if there will be 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**
This dataset includes de-identified individual patient data (IPD) from a randomized controlled trial assessing impact of Kinesio Taping in the pain management of neck.This data consists of: Patient Demographics (age,gender), Baseline assessment (ONDI and NRS scores), Follow-up results at 24 hours, 3 days and 1 week post application periods on excel sheet.
**When the data will become available and for how long**
This data will be made avaliable upon request after the study's completion and publication of findings.
**To whom data/document is available**
The deidentified data will be avaliable to the researchers, clinicians and academic institutions conducting studies related to neck pain management, or rehabilitation interventions. Access will be granted upon formal requests and approval.
**Under which criteria data/document could be used**
The data will be shared only for academic and research purposes. Researchers must submit a formal request with ethical approval for data usage. The dataset must not be used for commercial purpose or patient re-identification.Proper citation of the original study is required in any resulting publication.
**From where data/document is obtainable**
The dataset is avaliable from (Combined Military Hospital). Interested researchers can request access via email or official institution request. Contact Information:0336 8885877 Email:drtameem2@gmail.com Address:Combined Military Hospital
**What processes are involved for a request to access data/document**
1. Submit a formal request via email or institutional portal, detailing the purpose of data usage. 2.Provide ethical approval from their respective institution if applicable. 3.Sign a data-sharing agreement ensuring compliance with ethical guidelines and non commercial usage. 4.Approval process: The request will be reviewed within [Specify time e.g 2-4 weeks], and if approval access will be granted via secure data tranfer.
**Comments**
For any clarifications or additiona informtion regarding data access, please contact [Hafsa Alam] at alamhafsa131@gmail.com.