Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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
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Pakistan
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+92 333 3515751
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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

Street address

Combined Military Hospital Kohat, KPK, Pakistan

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Email

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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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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.