

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

A comparison between elastic bandage and taping on postural control in athletes 20-35 ages with patellofemoral pain syndrome

Protocol summary

Registration timing: **registered_while_recruiting**

Summary

Objective: A comparison between standard elastic bandage and taping on postural control in athletes with patellofemoral pain. Design of study: 38 persons (men & women) that have anterior knee pain participate in this study. Inclusion criteria consist of: volunteers have history of regular sport activity; they have anterior knee pain or retro-patellar pain at least as long as 1 month; pain suffering during step up and step down, squat, running and jumping activity; palpating of facet joints producing pain; at least one of three tests consisting: apprehension, step down eccentric and vastus medialis coordination should be positive. Exclusion criteria: symptoms initiating less than 1 month ago; symptoms are related with direct trauma; ligamentous laxity and/or other injury such as ACL injury at the tested leg; surgery at tested knee in latest 3 month. Interventions: volunteers divide in two groups, the first group is taped and second group is wrapped with elastic bandage. Postural control capability at both groups is measured before and after interventions by force- platform and star excursion balance test. Primary outcome measures: COP displacement measures at anterior- posterior and medial- lateral direction before and after taping or wrapping, COP velocity measures at anterior-posterior and medial-lateral directions, reach direction measures at anterior, antero- medial, antero- lateral, medial, lateral, posterior, postero- lateral, postero- medial by used of SEBT before and after taping and bandage. Secondary outcome measures: COM displacement measures at anterior-posterior & medio- lateral directions.

Last update:

Update count: **0**

Registration date

2012-03-13, 1390/12/23

Registrant information

Name

Seyed Mojtaba Ojaghi

Name of organization / entity

Rehabilitation Collage Of Shiraz Medical Science University

Country

Iran (Islamic Republic of)

Phone

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Email address

ojaghi1975@gmail.com

Recruitment status

Recruitment complete

Funding source

Vice chancellor of research, rehabilitation collage of Shiraz medical science university

Expected recruitment start date

2012-01-15, 1390/10/25

Expected recruitment end date

2012-04-29, 1391/02/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

A comparison between elastic bandage and taping on postural control in athletes 20-35 ages with patellofemoral pain syndrome

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201112268524N1**

Registration date: **2012-03-13, 1390/12/23**

Public title

Bandage and taping

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: volunteers are athlete; they have anterior or retro-patellar knee pain at least as long as 1 month; pain during squat, step up and step down, running and jumping; palpation of facet joints are painful. Exclusion criteria: symptoms are initiated less than 1 month; pain is due to trauma; there may ligament laxity or other injury such as ACL injury at the same knee; surgical history during latest 3 month.

Age

From **20 years** old to **35 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **38**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ethics committee of Fars medical science university

Street address

NO.32, Abiverdi 1 Avenue, Chamran Blvd, Shiraz

City

Shiraz

Postal code**Approval date**

2011-11-23, 1390/09/02

Ethics committee reference number

ct-90-5787

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

Patellofemoral pain syndrome

ICD-10 code

m22.4, m22

ICD-10 code description

Chondromalacia patellae

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

Cop velocity at anterior-posterior and medio-lateral direction

Timepoint

Before intervention and 20 minutes after intervention

Method of measurement

Based on millimetre per second by force platform

2**Description**

Reach direction measures at anterior, antero-medial, antero-lateral, medial, lateral, posterior, postero-medial, postero-lateral directions

Timepoint

Before intervention and 20 minutes after intervention

Method of measurement

Based on centimeter by tape meter

3**Description**

COP displacement measures at anterior-posterior and medio-lateral direction

Timepoint

Before intervention and 20 minutes after intervention

Method of measurement

Based on millimetre by force platform

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

COM displacement measures at anterior-posterior and medio-lateral directions

Timepoint

Before intervention and 20 minutes after intervention

Method of measurement

Based on millimetre calculated by formula

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

For group 1 will use standard elastic bandage. Postural control capability before bandage and 20 minutes after bandage by force platform and star excursion balance test will evaluate.

Category

Other

2

Description

For second group McConnell taping will apply. Postural control capability before taping and 20 minutes after taping by force platform and star excursion balance test will evaluate.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Rehabilitation collage of Shiraz medical science university

Full name of responsible person

Doctor Fahimeh Kamali

Street address

NO.32, Abiverdi 1 Avenue, Chamran Blvd, Shiraz

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, rehabilitation collage of Shiraz medical science university

Full name of responsible person

Doctor Ali Ghanbari

Street address

NO.32, Abiverdi 1 Avenue, Chamran Blvd, Shiraz

City

Shiraz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice chancellor for research, rehabilitation collage of Shiraz medical science university

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Rehabilitation collage of Shiraz medical science university

Full name of responsible person

Seyed Mojtaba Ojaghi

Position

Master science student of sport physiotherapy

Other areas of specialty/work

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Doctor Fahimeh Kamali

Position

Ph.D

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Person responsible for updating data

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Seyed Mojtaba Ojaghi

Position

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol

empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty