

A Clinical Study in the Use of Orthotics in Treating Pain in the Front of the Knee.

ACTRN12605000463673

Status	RECRUITING
Sponsor	University of Queensland
Enrollment	176 participants

Plain Language Summary

This study is testing whether shoe inserts (orthotics) can help relieve pain at the front of the knee, a common condition called patellofemoral pain syndrome (PFPS). This type of knee pain is not caused by an injury — it happens when the kneecap doesn't track smoothly in its groove, causing aching during activities like climbing stairs, squatting, or sitting for a long time. Researchers want to find out if specially fitted orthotics reduce this pain.

You may be eligible if:

- You have been diagnosed with patellofemoral pain syndrome (kneecap pain not caused by injury)
- Your knee pain has been present for at least 6 weeks
- You have pain with at least 2 of the following: stair walking, jogging or running, squatting, hopping or jumping, kneeling, or sitting for long periods

You may NOT be eligible if:

- You have injury or damage to other parts of your knee (such as the meniscus or ligaments)
- You have pain in your lower back or hip that travels to your knee
- You have had a knee fracture or your kneecap has dislocated
- You have had physiotherapy or patellar taping in the past 12 months
- You are allergic to adhesive tape
- You currently use or have previously used foot orthotics
- You have any foot condition that prevents you from wearing orthotics

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (1)

- Clinical diagnosis of patellofemoral pain syndrome (non traumatic origin) of at least 6 weeks duration; Pain with at least 2 of the following activities: stair walking, jogging/running, squatting, hopping/jumping, kneeling or prolonged sitting.

Exclusion (1)

- Concomitant injury or pathology of other knee joint structures eg. meniscal, ligamentous etc.; Pain in or referred from the lumbar spine and hip; History of knee fractures, patellar dislocation/subluxation with a positive apprehension test; Prior physiotherapy treatment (including patellar taping) within the past 12 months; History of allergic reaction to adhesive tape; Current or previous foot orthotic use; Any condition of the foot that precludes orthotic therapy.

Locations (1 total)

Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12605000463673>

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