

Popliteus Muscle Release Versus Kinesio Taping

NCT07290296

Status	RECRUITING
Phase	Not Applicable
Sponsor	Cairo University
Enrollment	48 participants

Key Eligibility Criteria

Inclusion (4)

- Patients of both genders with an age range of 18-30 years old.
- minimum 3-month history of patellofemoral pain.
- a pain score for worst pain intensity during the previous week of 3 or more on a Visual Analog Scale (0-10, most pain).
- reproduced by at least two of the following activities: Stair ascent or descent, hopping, running, prolonged sitting, squatting, or kneeling and present on at least one of the following clinical tests: Compression of the patella or palpation of the patellar facets.

Exclusion (5)

- Clinical, x-ray, or MRI findings indicative of other specific pathology, including osteoarthritis, meniscal, ligament, or cartilage injury, or apophysitis.
- recurrent patellar subluxation or dislocation.
- cortisone use over an extended period of time.
- previous surgery to the knee joint; trauma to the knee joint affecting the presenting clinical condition.
- physiotherapy or other similar exercises for patellofemoral pain syndrome within the previous 3 months.

Locations (1 total)

Suez, Suez, Egypt