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Effects of patellar taping on knee pain, functional disability, and patellar alignments in patients with patellofemoral pain syndrome: A randomized clinical trial

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ABSTRACT

Question: What are the effects of patellar taping on pain, functional disability and patellar alignments in Patellofemoral Pain Syndrome (PFPS)? **Design:** Double-blind randomized clinical trial. **Participants:** Thirty PFPS Patients were randomly divided into two groups, intervention and control. **Intervention:** Patients in control group received only the routine physiotherapy. In addition to routine physiotherapy, patellar taping was used in the intervention group. Each patient was treated for 12 sessions over a period of 4 weeks. **Outcome measures:** The KOOS and VAS questionnaires were used to assess the quality of life (QOL) and pain intensity, respectively. Three components of patellar alignment including Patellofemoral Congruence Angle (PFCA), Lateral Patellofemoral Angle (LPFA) and Lateral

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