Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The Comparison between the Effects of Kinesio® Tape and Rigid Tape on Shoulder Muscle Strength of Healthy Tennis Players

Protocol summary

Summary

The purpose of this study was to determine the effects of the application of Kinesio® tape and Rigid Tape on shoulder muscle strength of healthy tennis players. Thirty male tennis players with no history of shoulder pain or impairment were recruited. Shoulder rotator muscles' strength were measured before and 30 minutes after taping, by Isokinetic dynamometer to determine the effects of taping on shoulder muscle strength among three groups of Kinesio® tape, Rigid Tape and No tape.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013120915730N1**
Registration date: **2014-05-06, 1393/02/16**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2014-05-06, 1393/02/16

Registrant information

Name

Parisa Tanoori

Name of organization / entity

Sports Medicine Department, University Malaya

Country

Malaysia

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Recruitment status

Recruitment complete

Funding source

This research has received a grant (BG067-2012D) from Postgraduate Research Grant Department of University Malaya.

Expected recruitment start date

2012-03-01, 1390/12/11

Expected recruitment end date

2012-07-01, 1391/04/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Comparison between the Effects of Kinesio® Tape and Rigid Tape on Shoulder Muscle Strength of Healthy Tennis Players

Public title

Effect of KINESIO and RIGID taping on muscle strength

Purpose

Screening

Inclusion/Exclusion criteria

Inclusion criteria: dominant healthy shoulder; age ≥18 yrs old and ≤30 yrs old. Exclusion criteria: any shoulder impairment; allergy to adhesive tapes.

Age

From **18 years** old to **30 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Medical Ethics Committee of University Malaya Medical Center
Street address
Lembah Pantai ,59100, Kuala Lumpur, Malaysia
City
Kuala Lumpur
Postal code
59100
Approval date
2012-06-20, 1391/03/31
Ethics committee reference number
925.14

Health conditions studied

1

Description of health condition studied
healthy subjects
ICD-10 code
Z00.6
ICD-10 code description
Examination for normal comparison and control in clinical research programme

Primary outcomes

1

Description
muscle strength
Timepoint
before and after intervention
Method of measurement
Isokinetic Dynamometer

Secondary outcomes

1

Description
muscle strength
Timepoint
30 minutes
Method of measurement
isokinetic dynamometer

Intervention groups

1

Description
Rigid tape is applied on shoulder internal and external rotator muscles for 30 minutes and muscle strength is measured before and after tape application.Taping technique is used according to Morrisey technique.
Category
Other

2

Description
Kinesio tape is applied on shoulder internal and external rotator muscles for 30 minutes and muscle strength is measured before and after tape application.Taping technique is used according to Kinesio association technique.
Category
Other

3

Description
No tape is applied for this group as a control group. They rest for 30 minutes. Muscle strength is measured before and after the rest.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
University of Malaya Medical Center
Full name of responsible person
Dr Nahar Azmi Mohamad
Street address
Lembah Pantai ,59100, Kuala Lumpur, Malaysia
City
Kuala Lumpur

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Postgraduate Research Grant Department of University Malaya
Full name of responsible person
Dr Nahar Azmi Mohamad
Street address

Lembah Pantai ,59100, Kuala Lumpur, Malaysia

City

Kuala Lumpur

Grant name

Grant code / Reference number

BG067-2012D

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

Yes

Title of funding source

Postgraduate Research Grant Department of University Malaya

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

Sports Medicine Clinic,University Malaya

Full name of responsible person

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Master Student

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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