Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

Comparison Of Effects Of Theraband Training With Weight Bearing Training On Proprioception And Balance In People With Chronic Ankle Instability

Protocol summary

Summary

The aim of this study was to compare the effects of weight-bearing exercise on proprioception and balance Traband exercise in patients with chronic ankle instability is. Inclusion criteria for this study Giving Way and 1 to 3 times during the year is an ankle sprain. Exclusion criteria included patients with lower extremity Surgery and neuropathy diseases. Subjects included both men and women aged 18 to 35 years of Patients the criteria are chosen. This is volume 45, interventions include weight-bearing exercise and is Traband on ankle. It is expected that after 6 weeks of healing proprioception and balance is achieved.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014122220398N1**
Registration date: **2015-03-20, 1393/12/29**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-03-20, 1393/12/29

Registrant information

Name

Abdul Hamid Hajihasani

Name of organization / entity

Semnan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 33448996023

Email address

hajihasani@semums.ac.ir

Recruitment status

Recruitment complete

Funding source

Semnan University of Medical Sciences

Expected recruitment start date

2014-12-11, 1393/09/20

Expected recruitment end date

2015-02-14, 1393/11/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison Of Effects Of Theraband Training With Weight Bearing Training On Proprioception And Balance In People With Chronic Ankle Instability

Public title

Comparison Of Effects Of Theraband Training With Weight Bearing Training On Proprioception And Balance In People With Chronic Ankle Instability

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Rombrg test positive; despite the ankle giving way; 1 to 3 times during the year must ankle sprain happens; no lameness at the walk. Exclusion criteria: neuropathic diseases; surgery on the leg; the mechanical instability.

Age

From **18 years** old to **35 years** old

Gender

Both

Phase
2
Groups that have been masked
No information
Sample size
Target sample size: **45**
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
semnan university of medical science
Street address
Basij Boulevard in front of the Governor
City
semnan
Postal code
Approval date
2014-12-16, 1393/09/25
Ethics committee reference number
93/538826

Health conditions studied

1

Description of health condition studied
chronic ankle instability
ICD-10 code
S93.4
ICD-10 code description
Sprain and strain of ankle

Primary outcomes

1

Description
deviation from refrence angle of talocrural joint
Timepoint
6 weeks
Method of measurement
by biodex isokinetic dynamometer IV

2

Description
Body deviation from equilibrium measurements in both static and dynamic
Timepoint
6 weeks
Method of measurement
by biodex stability system

Secondary outcomes

empty

Intervention groups

1

Description
intervention.Traband in practice, these exercises should be in all respects dorsiflexion, plantar flexion, inversion and Eversion in 3 sets and each set should be performed 10 times.Of tension applied to 70% of resting length is Traband .3 colors red, green and blue, with a length of 60 cm is used.So that in the resting state and at a distance of 60 cm from where we draw the line on the ground Traband it fixed.A line at 42 cm away from the front line to 70% of the tension applied on the ground.Traband should be attached Fore Foot to patient affected leg and ask him to set his foot on the first line to the second line.This exercise should be done 3 times a week for 6 weeks.
Category
Treatment - Other

2

Description
The weight-bearing exercise, it will include bilateral squat, Unillateral Squat, heel raise and toe raise their progress during the course of 6 weeks and 3 to 5 times a day.These exercises are done with eyes open and with visual feedback of their time is 3 times a week.
Category
Treatment - Other

3

Description
In the control group with no intervention occurs.
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Physiotherapy Cinic Department Of Semnan University Of Medical Science
Full name of responsible person
Street address

City
Semnan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Semnan University Of Medical Science
Full name of responsible person
Abdul Hamid Hajihasni
Street address
Dean of Faculty of Rehabilitation, Semnan University of Medical Sciences, 5 km road Damghan, Semnan, Iran
City
Semnan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Semnan University Of Medical Science
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
Semnan University Of Medical Science
Full name of responsible person
Abdul Hamid Hajihasani
Position
Dean Of Faculty Of Rehabilitation/PHD
Other areas of specialty/work
Street address
Dean of Faculty of Rehabilitation, Semnan University of Medical Sciences, 5 km road Damghan, Semnan, Iran
City
Semnan
Postal code
Phone
+98 23 3365 4180
Fax
Email
haji hasani41@yahoo.com
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Semnan University of Medical Science
Full name of responsible person
Abdul Hamid Hajihasani
Position
PhD in Physical Therapy
Other areas of specialty/work
Street address
Dean of Faculty of Rehabilitation, Semnan University of Medical Sciences, 5 km road Damghan, Semnan, Iran
City
Semnan
Postal code
Phone
+98 23 3365 4180
Fax
Email
hajihasani41@yahoo.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Semnan University of Medical Science
Full name of responsible person
Mohammad Sadegh Hadipour
Position
Student / Student
Other areas of specialty/work
Street address
Dean of Faculty of Rehabilitation, Semnan University of Medical Sciences, 5 km road Damghan, Semnan, Iran
City
Postal code
Phone
00
Fax
Email
sadegh71hh@yahoo.com
Web page address

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*