

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Jun 2026

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

Protocol summary

hajihhasani@semums.ac.ir

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.

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

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 Hajihhasani

Name of organization / entity

Semnan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 33448996023

Email address

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 Hajihhasni

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 Hajihhasni

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 Hajihhasni

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

hajihhasni41@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

