Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Determining the Effectiveness of Kinesio Taping on Balance in Athletes with Acute Sprain and Chronic Ankles Instable

Protocol summary

Summary

Purpose: Determining the Effectiveness of Kinesio Taping on Balance in Athletes with Acute Sprain and Chronic Ankles Instable Study design: single arm study, not blinded, placebo-controlled free, without trial phase Study population: Athletes of saghez city The main criteria for entering the study: Inclusion criteria for acute sprain: grade 1 & 2 sprain In the last 48 hours Exclusion criteria for acute sprain:grade 3 sprain; Report of surgery, fracture and dislocation of the lower extremity; Neurological diseases; injuries of the knee or hip Inclusion criteria for chronic instability: Reported at least one case of ankle sprain that requires immobility or non weight bearing for 3 days during a year before the study; Report of at least once ankle instability secondary to ankle sprain in the last one year; Chronic ankle instability in one foot; full range of motion of the ankle Exclusion criteria for chronic instability: positive anterior drawer test and talar tilt of the ankle's involvement; report of surgery, fracture and dislocation of lower extremity; neurological diseases; swelling and ecchymosis in the affected ankle; knee and hip injuries Sample size: 26 men Intervention Study: Effect of kinesio taping on the Athletes dynamic equilibrium Intervention time: 2014 The consequences of the study: corrective functional-mechanical combined method improves the dynamic equilibrium in athletes with chronic and acute ankle sprains in the short term.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015041121701N1**
Registration date: **2015-05-04, 1394/02/14**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-05-04, 1394/02/14

Registrant information

Name
Seyed Sadredin Shojaedin
Name of organization / entity
School of Physical Education and Sport Sciences, Kharazmi University
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Recruitment status

Recruitment complete

Funding source

School of Physical Education and Sport Sciences, Kharazmi University of Tehran

Expected recruitment start date

2014-03-20, 1392/12/29

Expected recruitment end date

2015-03-20, 1393/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Determining the Effectiveness of Kinesio Taping on Balance in Athletes with Acute Sprain and Chronic Ankles Instable

Public title

Determining the Effectiveness of Kinesio Taping on Balance in Athletes

Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria for acute sprain: grade 1 & 2 sprain In the last 48 hours Exclusion criteria for acute sprain:grade 3 sprain; Report of surgery, fracture and dislocation of the lower extremity; Neurological diseases; injuries of the knee or hip Inclusion criteria for chronic instability: Reported at least one case of ankle sprain that requires immobility or non weight bearing for 3 days during a year before the study; Report of at least once ankle instability secondary to ankle sprain in the last one year; Chronic ankle instability in one foot; full range of motion of the ankle Exclusion criteria for chronic instability: positive anterior drawer test and talar tilt of the ankle's involvement; report of surgery, fracture and dislocation of lower extremity; neurological diseases; swelling and ecchymosis in the affected ankle; knee and hip injuries
Age
From **20 years** old to **23 years** old
Gender
Male

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **26**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
School of Physical Education and Sport Sciences, Kharazmi University
Street address
Shahid Mofateh St.
City
Tehran
Postal code
Approval date
2015-04-25, 1394/02/05
Ethics committee reference number
20/64/ت

Health conditions studied

1

Description of health condition studied
Sprain of ankle
ICD-10 code
S93
ICD-10 code description
Dislocation, sprain and strain of joints and ligaments at ankle and foot level

Primary outcomes

1

Description
Balance
Timepoint
pre & post intervention
Method of measurement
Star Excursion Balance Test for dynamic balance assessment

Secondary outcomes

empty

Intervention groups

1

Description
Ankle Kinesio Taping
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Navid Occupational Therapy Clinic
Full name of responsible person
Keyvan Yousefpour
Street address
Milad Medical Center
City
Saghez

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
School of Physical Education and Sport Sciences, Kharazmi University of Tehran
Full name of responsible person
Najaf aghaei PhD

Street address
Mofateh St.
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
School of Physical Education and Sport Sciences, Kharazmi University of Tehran
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
Navid Occupational Therapy Center
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Keyvan Yousefpour
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Person responsible for updating data

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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