Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effect of Talocrural joint mobilization on dynamic postural control in young athletes with chronic lateral ankle sprain.

Protocol summary

Summary

Objective: The aim of this study is to assess the effect of joint mobilization on dynamic postural control in subjects with chronic ankle sprain Design: Randomised placebo-controlled trial with concealed allocation, and patient blinding. Setting and product: Thirty subjects (male and female) aged between 20 to 35 years with chronic ankle sprain will be divided in two groups randomly. Major Inclusion and Exclusion criteria: patients have to experience minimum one time ankle sprain more than six weeks ago, repetitive ankle giving way during past 12 months, no experience of balance exercises, and no neurological and infection problem and ankle fracture. Intervention: The first group will be given an anterior-posterior Talar glide for 6 sessions with 40 glides each day. The control group will be given the imitated placebo mobilization during 6 sessions without applying any manual technique. Outcome measures: Y Balance Test will be used to assess the dynamic postural control of subjects at the beginning and the end of the treatment program.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016021324149N23**
Registration date: **2016-09-27, 1395/07/06**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-09-27, 1395/07/06

Registrant information

Name

Fahimeh Kamali

Name of organization / entity

Shiraz University of Medical Sciences

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2013-06-22, 1392/04/01

Expected recruitment end date

2013-10-22, 1392/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Talocrural joint mobilization on dynamic postural control in young athletes with chronic lateral ankle sprain.

Public title

The effect of joint mobilization on balance of athletes with chronic ankle sprain.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Minimum one time ankle sprain more than six weeks ago; repetitive ankle giving way during past 12 months; no experience of balance exercises. Exclusion criteria: Neuromuscular and vestibular disorders; Fracture in Lower limbs; Middle ear infection; Upper respiratory tract infection; Common cold during

study.

Age
From **20 years** old to **35 years** old

Gender
Both

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)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Shiraz University of Medical Sciences

Street address
Zand boulevard

City
Shiraz

Postal code

Approval date
2012-03-06, 1390/12/16

Ethics committee reference number
ct-90-3452

Health conditions studied

1

Description of health condition studied
Lateral Ankle Sprain

ICD-10 code
s93.4

ICD-10 code description
Sprain and strain of ankle- calcaneofibular (ligament), Deltoid(ligament), Internal collateral(ligament), Talofibular(ligament), Tibofibular(ligament), distal

Primary outcomes

1

Description
Balance

Timepoint
Before and After treatment

Method of measurement
Y balance test

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Anterior-posterior ankle mobilization, grade III for 6 sessions, with 40 repetition.

Category
Treatment - Other

2

Description
Control group: placebo mobilization during 6 sessions without applying any manual technique.

Category
Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Health centers under supervision of Shiraz university of Medical Sciences

Full name of responsible person
Dr. Fahimeh Kamali

Street address

City
Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research, Shiraz University of Medical Science

Full name of responsible person
Dr. Saied Basir Hashemi

Street address
Karim khan boulevard

City
Shiraz

Grant name

Grant code / Reference number

Is the source of funding the same sponsor

organization/entity?
Yes
Title of funding source
Vice chancellor for research, Shiraz 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
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Person responsible for updating data

Contact

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