Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The immediate effect of talocrural joint manipulation on functional performance of 15-40 years old athletes with chronic ankle instability

Protocol summary

Summary

Objectives: Evaluating he immediate effect of talocrural joint manipulation on functional performance of athletes with chronic ankle instability Design: Double-Blind Randomized Controlled Trial Participants: Forty athletes (18males, 22females) with chronic ankle instability Inclusion criteria: Athletes between 15-40 years old; at least one acute ankle sprain (grade I or II) before previous 6 weeks or multiple giving way in ankle joint in previous 12 months Exclusion criteria: Neurological diseases; rheumatoid diseases and fractures in lower limbs; ankle sprain grade III; ankle sprain occurred during the previous 6 weeks, regardless of the grade Intervention: For manipulation, therapist delivers a quick thrust on the talus in the posterior direction. This position is simulated for 1 minute without thrust as sham manipulation in the control group. Interventions carry out one time per day, for three consecutive days. Main outcome measures: Functional performance of athletes assesses with single leg hop test, speed test, and Y balance test, before and after the interventions

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016021624149N25**
Registration date: **2016-07-13, 1395/04/23**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-07-13, 1395/04/23

Registrant information

Name

Fahimeh Kamali

Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2013-11-22, 1392/09/01

Expected recruitment end date

2014-01-21, 1392/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The immediate effect of talocrural joint manipulation on functional performance of 15-40 years old athletes with chronic ankle instability

Public title

The effect of manual therapy on performance of athletes with chronic ankle instability

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Athletes between 15-40 years old; at least one acute ankle sprain (grade I or II) before previous 6 weeks or multiple giving way in ankle joint in previous 12 months; ability to complete the 24-meter running test without pain; muscle power of the affected leg should be at least 80% of the healthy side Exclusion

criteria: Neurological diseases; rheumatoid diseases; postural disorders; fractures in lower limbs; flat foot; sacroiliac joint impairments; ankle sprain grade III; ankle sprain occurred during the previous 6 weeks, regardless of the grade

Age
From **15 years** old to **40 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **40**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Vice-Chancellery for Research Office, Shiraz University of Medical Sciences

Street address
Central Building of Shiraz University of Medical Sciences, Zand Blvd, Shiraz

City
Shiraz

Postal code

Approval date
2013-11-02, 1392/08/11

Ethics committee reference number
CT-92-6752

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
Functional Performance

Timepoint
before and after interventions

Method of measurement
One-leg hop test

2

Description
Functional performance

Timepoint
before and after interventions

Method of measurement
Speed test

3

Description
Functional performance

Timepoint
before and after interventions

Method of measurement
Star excursion test

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Manipulation

Category
Rehabilitation

2

Description
Control group: Placebo

Category
Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center
Physiotherapy Center of School of Rehabilitation Sciences

Full name of responsible person
Fahimeh Kamali

Street address
Abiverdi St. Chamran Blvd. Shiraz

City

Shiraz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellery for research affairs, Shiraz University of Medical Sciences
Full name of responsible person
Basir Hashemi
Street address
Central Building of Shiraz University of Medical Sciences, Zand Blvd. Shiraz
City
Shiraz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice chancellery for research affairs, Shiraz University of Medical Sciences
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

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Name of organization / entity
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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