Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 2026

Study of the acute effects of Knee Joint Kinesio taping on deep sense deficiency caused by fatigue in healthy athletes

Protocol summary

Summary

Objective: Study of the acute effects of Knee Joint kinesio taping on deep sense deficiency caused by fatigue in healthy athletes. Study design: random (using sealed envelopes), without placebo control, single central. Experimental population: 42 persons of professional athletes that referred to Neuromuscular Rehabilitation research center. Inclusion criteria: healthy athletes that have aged 18 to 30 years without history of knee injury. Exclusion criteria: persons who have history of cardiovascular disease; diabetes; blood pressure; Orthopedic Disorders; pregnancy. Sample size, intervention, intervention time and outcome of study: sample size of this study is 42 persons who will be divided into intervention and control groups. At first, the knee articular angle reconstruction errors are measured by Biodex system. Then, the knee joint fatigue protocol is performed via Isokinetic and isometric exercises by Biodex system for all volunteers. One group receives taping for hamstring muscles and another group remains without taping. Intervention group: In 21 persons of intervention group taping on hamstring muscle is performed for athletes. Then, the knee articular angle reconstruction errors are measured again by Biodex system to compare with control group. Control group: In 21 persons of control group won’t be performed any intervention (without taping) and only the results compared with experimental group.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017062425732N20**
Registration date: **2017-07-13, 1396/04/22**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2017-07-13, 1396/04/22

Registrant information

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Recruitment status

Recruitment complete

Funding source

Semnan University of Medical Sciences

Expected recruitment start date

2016-12-21, 1395/10/01

Expected recruitment end date

2017-09-21, 1396/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Study of the acute effects of Knee Joint Kinesio taping on deep sense deficiency caused by fatigue in healthy athletes

Public title

Study of the acute effects of Knee Joint Kinesio taping on deep sense deficiency caused by fatigue in healthy athletes

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: healthy athletes that have aged 18 to 30 years without history of knee injury. Exclusion criteria: persons who have history of cardiovascular disease; diabetes; blood pressure; Orthopedic Disorders; pregnancy.

Age

From **18 years** old to **30 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **42**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not 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, Semnan University of Medical Sciences

Street address

Semnan University of Medical Sciences, Basij Blvd, Semnan

City

Semnan

Postal code

3514799442

Approval date

2017-05-21, 1396/02/31

Ethics committee reference number

IR.SEMUMS.REC.1396.12

Health conditions studied

1

Description of health condition studied

knee joint

ICD-10 code

M23.8

ICD-10 code description

Other internal derangements of knee

Primary outcomes

1

Description

Knee articular angle reconstruction error

Timepoint

Before and after intervention

Method of measurement

Biodox Machine

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In 21 persons of intervention group taping on hamstring muscle is performed for athletes. Then, the knee articular angle reconstruction errors are measured again by Biodex system to compare with control group.

Category

Rehabilitation

2

Description

Control group: In 21 persons of control group won’t be performed any intervention (without taping) and only the results compared with experimental group.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Neuromuscular Rehabilitation Research Center

Full name of responsible person

Atefeh Aminianfar

Street address

Blvd Qods, Semnan

City

Semnan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University of Medical Sciences, Deputy of Research and Technology

Full name of responsible person
Mohammadreza Asgari
Street address
Semnan University of Medical Sciences, Deputy of Research and Technology, Basij Blvd, Semnan
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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 Sciences, Deputy of Research and Technology
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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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