# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

19 Sep 2026

## Effect of kinesiotaping on postural control in subjects with ACL deficiency: a randomized clinical trial

## Protocol summary

**Summary**

Objective: The main purpose of the present study is to define effect of knee kinesiotaping on postural control in subjects with ACL deficiency especially in challenging postures. Design: Randomized control trial, single blinded. Setting and conduct: Patients will receive treatment with kinesiotaping or placebo. Major Inclusion criteria: Participants must be between ages 18-35؛ complete and non- complete tear of anterior cruciate ligament with and without meniscal injury. Major Exclusion criteria: Serious neurological disorders; musculoskeletal disorders (except for ACLD)؛ history of falling؛narcotic usage 48 hours before test؛usage of alcohol within 48 hours before test. Intervention: Kinesiotaping Main outcome measures (variables): Postural control that will be measured using center of pressure. The center of pressure will be calculated using force platform.

## General information

**Acronym**

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**IRCT registration information**

IRCT registration number: **IRCT2016122131506N1**
Registration date: **2017-06-08, 1396/03/18**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

**Registration date**

2017-06-08, 1396/03/18

**Registrant information**

**Name**

Salman Nazary-Moghadam

**Name of organization / entity**

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Iran (Islamic Republic of)

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**Recruitment status**

**Recruitment complete**

**Funding source**

Mashhad University of Medical Sciences

**Expected recruitment start date**

2017-05-22, 1396/03/01

**Expected recruitment end date**

2018-03-20, 1396/12/29

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Effect of kinesiotaping on postural control in subjects with ACL deficiency: a randomized clinical trial

**Public title**

Effect of kinesiotaping on postural control in subjects with ACL deficiency: a randomized clinical trial

**Purpose**

Treatment

**Inclusion/Exclusion criteria**

Inclusion criteria: Participants must be between ages 18-35؛ complete and non- complete tear of anterior cruciate ligament with and without meniscal injury. Exclusion criteria: ACLD (ACL deficient) subjects will be excluded if they had any serious neurological disorders؛ musculoskeletal disorders (except for ACLD)؛ history of falling؛ narcotic usage 48 hours before test؛ usage of alcohol 48 hours before test.

**Age**

From **18 years** old to **35 years** old

**Gender**
Male

**Phase**
2-3
**Groups that have been masked**
*No information*
**Sample size**
Target sample size: **36**
**Randomization (investigator's opinion)**
Randomized
**Randomization description**
**Blinding (investigator's opinion)**
Single blinded
**Blinding description**
**Placebo**
Used
**Assignment**
Parallel
**Other design features**
Online randomization

## Secondary Ids

### 1

**Registry name**
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**Secondary trial Id**
---
**Registration date**
empty

## Ethics committees

### 1

**Ethics committee**
**Name of ethics committee**
Ethical Commitee of Mashhad University of Medical Sciences
**Street address**
Doctora Cross road, Beside hoveyzeh Cinema
**City**
Mashhad
**Postal code**
**Approval date**
2017-02-15, 1395/11/27
**Ethics committee reference number**
IR.MUMS.REC.1395.598

## Health conditions studied

### 1

**Description of health condition studied**
Anterior Cruciate Ligament Tear
**ICD-10 code**
S83.5
**ICD-10 code description**
Sprain and strain involving (anterior)(posterior) cruciate ligament of knee

## Primary outcomes

### 1

**Description**
Postural Sway
**Timepoint**
Before intervention, Immediately after internention
**Method of measurement**
Force Platform Device

## Secondary outcomes

### 1

**Description**
Disability
**Timepoint**
Before and two days after intervention
**Method of measurement**
Koos Questionnaire

## Intervention groups

### 1

**Description**
Intervention group: A 5-cm-wide Kinesiotape (Ares, Korea) will be used in treatments. Few hours after shaving the area of the skin to be taped, Y-shaped tapes will be applied in origin-insertion direction to facilitate the muscles. While the patient is lying on lateral position, the tape will be placed on the rectus femoris muscle with a tension of 25–30% bringing the hip to extension and the knee to 30-35° of flexion and the tape will be placed on the hamstring muscle with a tension of 40–50% by bringing the hip to flexion and the knee to extension. A corrective kinesiotaping with a tension of 100% will be attached on anterior surface of tibia on 30 degrees of flexion and pull the tibia into backward in relation to the femur.
**Category**
Rehabilitation

### 2

**Description**
Control group: Placebo kinesiotape will be applied without tension on the front and back side of the knee.
**Category**
Rehabilitation

## Recruitment centers

### 1

**Recruitment center**
**Name of recruitment center**
Ghaem Hospital, Balance Laboratory
**Full name of responsible person**
Mr Javad Zarandi

**Street address**
Balance Laboratory, Physiotherapy Department, Ghaem Hospital, Mashhad, Iran
**City**
Mashhad

## Sponsors / Funding sources

**1**

**Sponsor**
**Name of organization / entity**
Vice chancellor for research, Mashhad University of Medical Sciences
**Full name of responsible person**
Dr Mohsen Tafaghodi
**Street address**
Doctora Cross road, Ghoreshi Building
**City**
Mashhad
**Grant name**
**Grant code / Reference number**
950879
**Is the source of funding the same sponsor organization/entity?**
Yes
**Title of funding source**
Vice chancellor for research, Mashhad 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

**Contact**
**Name of organization / entity**
Mashhad University of Medical Sciences
**Full name of responsible person**
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## Person responsible for scientific inquiries

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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*