

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Aug 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.

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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

General information

Acronym

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

Country

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**

Secondary trial Id

Registration date

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethical Committee 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 intervention

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

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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

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Doctora Cross road, Ghoreschi Building

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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**

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Full name of responsible person

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Position

Assistant Professor

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Web page address**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