

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jun 2026

The comparison between ankle joint Kinesio tape and lower leg muscle Kinesio tape, on balance and proprioception in the subjects with recurrent lateral ankle sprain

Protocol summary

Study aim

The comparison between ankle joint Kinesio tape and lower leg muscle Kinesio tape, on balance and proprioception in the subjects with recurrent lateral ankle sprain

Design

Randomized (random block method), without placebo control, single arm trial. The sample size of this study is 42 individuals: divided into 3 groups of 12 people.

Settings and conduct

Banding to methods (Kinesio Tape) In the ankle joint and muscles around the ankle. Neuromuscular Rehabilitation Research Center Semnan University of Medical Sciences.

Participants/Inclusion and exclusion criteria

42 athletes with ankle sprain. Inclusion criteria: Adults that have aged 18 to 40 years; individuals should experience frequent torsion and with giving way; People should not have ankle joint mechanical torsion. Exclusion criteria: Torsion at non-dominant foot; history of lower limb injury and neurological and musculoskeletal disorders; visual disturbances; history of lower limb surgery in the past year.

Intervention groups

Control group: Only for comparison with intervention group, no treatment is performed. Intervention group 1 (Taping on ankle muscles): At the first session, initial evaluations (according to the protocol) will be repeated 3 times during the session, then the same evaluations will be performed in 72 hours later to check the repeatability between the two sessions, and then, in the next step, the effect of the taping, including the main variables will be examined. Strips remain for 72 hours. The taping will be loaded 3 times in 10 days and the balance criteria will be evaluated. Intervention group 2 (Taping on ankle joint): At the first session, initial evaluations (according to the protocol) will be repeated 3 times during the session, then the same evaluations will be performed in 72 hours

later to check the repeatability between the two sessions, and then, in the next step, the effect of the taping, including the main variables will be examined. Strips remain for 72 hours. The taping will be loaded 3 times in 10 days and the balance criteria will be evaluated.

Main outcome variables

Dynamic balance measurement, .

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20151228025732N31**

Registration date: **2018-03-16, 1396/12/25**

Registration timing: **registered_while_recruiting**

Last update: **2018-03-16, 1396/12/25**

Update count: **0**

Registration date

2018-03-16, 1396/12/25

Registrant information

Name

Alireza Emadi

Name of organization / entity

Semnan University of Medical Sciences, Semnan, Iran

Country

Iran (Islamic Republic of)

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are20935@semums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-12-12, 1396/09/21

Expected recruitment end date

2018-09-11, 1397/06/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison between ankle joint Kinesio tape and lower leg muscle Kinesio tape, on balance and proprioception in the subjects with recurrent lateral ankle sprain

Public title

The comparison between ankle joint Kinesio tape and lower leg muscle Kinesio tape in the subjects with recurrent lateral ankle sprain

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Adults that have aged 18 to 40 years Individuals should experience frequent torsion and with giving way People should not have mechanical torsion

Exclusion criteria:

Torsion at non-dominant foot History of lower limb injury and neurological and musculoskeletal disorders Visual disturbances History of lower limb surgery in the past year

Age

From **18 years** old to **40 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

Block randomization; Individual. Randomized permutation blocks. Random sequence was generated using Excel software.

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 of Semnan University of Medical Sciences

Street address

Semnan University of Medical Sciences, Basij Blvd, Semnan

City

Semnan

Province

Semnan

Postal code

3514799442

Approval date

2017-12-12, 1396/09/21

Ethics committee reference number

IR.Semums.rec.1396.163

Health conditions studied**1****Description of health condition studied**

Frequent torsion Ankle

ICD-10 code

S93.0

ICD-10 code description

Subluxation and dislocation of ankle joint

Primary outcomes**1****Description**

Dynamic balance measurement

Timepoint

Before and after the intervention

Method of measurement

Biodex balance System

2**Description**

Assessment deep feelings Joint ankle

Timepoint

Before and after the intervention

Method of measurement

Biodex System IV Isometric Dynameter

Secondary outcomes

empty

Intervention groups**1****Description**

Control group: Only for comparison with intervention group, no treatment is performed.

Category

Diagnosis

2**Description**

Intervention group 1 (Taping on ankle muscles): At the first session, initial evaluations (according to the protocol) will be repeated 3 times during the session, then the same evaluations will be performed in 72 hours later to check the repeatability between the two sessions, and then, in the next step, the effect of the taping, including the main variables will be examined. Strips remain for 72 hours. The taping will be loaded 3 times in 10 days and the balance criteria will be evaluated.

Category

Rehabilitation

3**Description**

Intervention group 2 (Taping on ankle joint): At the first session, initial evaluations (according to the protocol) will be repeated 3 times during the session, then the same evaluations will be performed in 72 hours later to check the repeatability between the two sessions, and then, in the next step, the effect of the taping, including the main variables will be examined. Strips remain for 72 hours. The taping will be loaded 3 times in 10 days and the balance criteria will be evaluated.

Category

Rehabilitation

Recruitment centers**1****Recruitment center****Name of recruitment center**

Neuromuscular Rehabilitation Research Center

Full name of responsible person

Ziaeddin Safavi-Farokhi

Street address

Neuromuscular Rehabilitation Research Center,
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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Semnan University of Medical Sciences

Full name of responsible person

Mohammadreza Asgari

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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

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Academic

Person responsible for general inquiries**Contact****Name of organization / entity**

Semnan University of Medical Sciences

Full name of responsible person

Ziaeddin Safavi-Farokhi

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries

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Full name of responsible person
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Position
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Person responsible for updating data

Contact

Name of organization / entity
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Full name of responsible person
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Position
Student

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

-

When the data will become available and for how long

-

To whom data/document is available

Only available to scholars working in academic institutions.

Under which criteria data/document could be used

In case of relevant studies.

From where data/document is obtainable

Ziaeddin Safavi-Farokhi. Neuromuscular Rehabilitation Research Center, Ghods Blvd. 00989123311988

What processes are involved for a request to access data/document

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Comments