

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jul 2026

The effect of kinsiotaping on pain and balance in the subjects with moderate hallux valgus

Protocol summary

Study aim

The aim of the study is to determine the effect of kinsiotaping on pain and balance in the subjects with moderate hallux valgus.

Design

60 volunteers with moderate hallux valgus will be randomly assigned to two parallel intervention and control group. Randomization method is Permuted block randomization and the random allocation software (Excel) will be used as randomization instrument.

Settings and conduct

The volunteer subjects with moderate hallux valgus who will be referred to Neuromuscular Rehabilitation Research Center of Semnan University of Medical Sciences, participate in the study.

Participants/Inclusion and exclusion criteria

The main inclusion criteria are the volunteers aged between 20 and 40 years old with moderate hallux valgus. The main exclusion criteria are unwillingness to participate in the project; mild and severe hallux valgus; any traumatic, inflammatory and infectious pathology in the lower extremity; any problem in visual, auditory and vestibular system; neuromuscular deficit and inability to understand the test procedure.

Intervention groups

In the intervention group taping will be applied in Y shape on the first metatarsus for mechanical correction with 50% tension in 3 sessions during 10 days. The control group does not receive any intervention.

Main outcome variables

The main outcome measures including the displacement of center of pressure and visual analogue scale (VAS) will be assessed in both groups before and after 10 days intervention.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20150602022539N7**

Registration date: **2018-05-23, 1397/03/02**

Registration timing: **registered_while_recruiting**

Last update: **2018-05-23, 1397/03/02**

Update count: **0**

Registration date

2018-05-23, 1397/03/02

Registrant information

Name

Ziaeddin Safavi Farokhi

Name of organization / entity

Semnan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 23 3365 4180

Email address

zsafavi@semums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-05-22, 1397/03/01

Expected recruitment end date

2018-06-20, 1397/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of kinsiotaping on pain and balance in the subjects with moderate hallux valgus

Public title

The effect of kinsiotaping in the subjects with hallux valgus

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Volunteers aged between 20 and 40 years old Subjects with moderate hallux valgus

Exclusion criteria:

Unwillingness to participate in the project Mild and severe hallux valgus Any traumatic, inflammatory and infectious pathology in the lower extremity Any deformity of foot and toes such as club toe and hammer toe Problems with visual, auditory and vestibular system Neuromuscular deficit Inability to understand the test procedure

Age

From **20 years** old to **40 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization method: Permuted block randomization
Randomization unit: Person Stratified randomization: Not done
Randomization instrument: Random allocation software (Excel)
Random sequence generation: Used random blocks, each block containing 4 people and allocated a number from 1 to 6 to each block
Allocation concealment: Because of physiotherapy interventions for patients, allocation concealment is not possible

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**

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Semnan University of Medical Sciences, Kilometer 5 of Damghan Road, Semnan

City

Semnan

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Postal code

5319899951

Approval date

2018-03-14, 1396/12/23

Ethics committee reference number

IR.SEMUMS.REC.1396.274

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

Hallux valgus deformity

ICD-10 code

M20.10

ICD-10 code description

Hallux valgus (acquired), unspecified foot

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

Displacement of center of pressure

Timepoint

Before and after 10 days intervention

Method of measurement

Millimeter

2**Description**

Visual Analogue Scale (VAS)

Timepoint

Before and after 10 days intervention

Method of measurement

Millimeter

Secondary outcomes

empty

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

Intervention group: Taping will be applied in Y shape on the first metatarsus for mechanical correction with 50% tension in 3 sessions during 10 days.

Category

Rehabilitation

2**Description**

Control group: No intervention

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Neuromuscular Rehabilitation Research Center of
Semnan University of Medical Sciences

Full name of responsible person

Ziaeddin Safavi Farokhi

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in front of Helal Ahmar, Mashahir Square, Semnan

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Dr Parviz Kokhaei

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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

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Physiotherapy

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Person responsible for updating data

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Not applicable

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available