Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effect of combined kinesiotape of lower extremity muscles on functional performance in athletes with chronic ankle instability

Protocol summary

Study aim

The aim of this study is determining the effectiveness of combined kinesiotape of lower extremity muscles on functional performance in athletes with chronic ankle instability. In this study, we will compare the effectiveness of combined kinesiotaping of fibularis longus, gluteus maximus and gastrocnemius on lower extremity functional tests, before and after and 24 hours later of using kinesiotape in athletes with chronic ankle instability.

Design

Randomized Placebo-controlled, parallel group trial, single blind,

Settings and conduct

Single blinding in athletes with chronic ankle instability based on receiving actual kinesiotape or placebo kinesiotape

Participants/Inclusion and exclusion criteria

Athletes with having score less than 25 according to Cumberland Ankle Instability Tool (CAIT), report at least once the giving way of affected ankle joint in the past year and having unilateral chronic ankle sprain will be included and the subjects with skin allergy when using kinesotape and the existence of swelling in ankle region and positive talar tilt and anterior drawer tests will be excluded.

Intervention groups

Intervention group: The kinesiotape is applied to the skin along the fibularis longus, gastrocnemius, gluteus maximus muscles from the beginning to the end of the muscle (with 35% maximum tension). Control group: placebo group: The kinesiotape without tension is applied to the skin along the fibularis longus, gastrocnemius,gluteos maximus muscles.

Main outcome variables

Double countermovement vertical jump; Single countermovement jump; Lateral hop test; Single hop test; Star excursion balance test

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180728040618N1**
Registration date: **2018-10-20, 1397/07/28**
Registration timing: **prospective**

Last update: **2018-10-20, 1397/07/28**
Update count: **0**

Registration date

2018-10-20, 1397/07/28

Registrant information

Name

Holakoo Mohsenifar

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 2610 6933

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-10-23, 1397/08/01

Expected recruitment end date

2018-11-22, 1397/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of combined kinesiotape of lower extremity muscles on functional performance in athletes with chronic ankle instability

Public title
Effect of kinesiotape on functional performance in in athletes with chronic ankle instability
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Having score less than 25 according to Cumberland Ankle Instability Tool (CAIT) Report at least once the giving way of affected ankle joint in the past year Having unilateral chronic ankle sprain
Exclusion criteria:
They have had skin allergy to use of kinesotape. The existence of swelling in ankle region Having deformity in ankle Positive talar tilt and anterior drawer tests Range of motion limitation in ankle joint History of fracture and dislocation in affected limb pregnancy
Age
From **18 years** old to **35 years** old
Gender
Female

Phase
N/A
Groups that have been masked

- Participant

Sample size
Target sample size: **13**
Randomization (investigator's opinion)
Randomized
Randomization description
Simple Randomization, Individual, Computer Software, Allocation Concealment
Blinding (investigator's opinion)
Single blinded
Blinding description
Single blinding in athletes with chronic ankle instability based on receiving actual kinesiotape or placebo kinesiotape
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Iran University of Medical Sciences
Street address
Next to Milad Tower, Hemmat Expy
City
Tehran
Province
Tehran
Postal code
1449614535
Approval date
2017-08-28, 1396/06/06
Ethics committee reference number
IR.IUMS.SMD.REC 1396.9411452004

Health conditions studied

1

Description of health condition studied
Chronic ankle instability
ICD-10 code
M25.373
ICD-10 code description
Other instability, unspecified ankle

Primary outcomes

1

Description
Double countermovement vertical jump
Timepoint
Before tape, 20 min after taping and 24 houres after taping
Method of measurement
meter

2

Description
Single countermovement jump
Timepoint
Before tape, 20 min after taping and 24 houres after taping
Method of measurement
meter

3

Description
Lateral hop test
Timepoint
Before tape, 20 min after taping and 24 hours after taping
Method of measurement
Cornometer

4

Description
Single hop test
Timepoint
Before tape, 20 min after taping and 24 hours after taping

Method of measurement
meter

5

Description
Star excursion balance test
Timepoint
Before tape, 20 min after taping and 24 hours after taping
Method of measurement
meter

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The kinesiotape is applied to the skin along the fibularis longus, gastrocnemius, gluteus maximus muscles from the beginning to the end of the muscle (with 35% maximum tension).
Category
Rehabilitation

2

Description
Control group: placebo group: The kinesiotape without tension is applied to the skin along the fibularis longus, gastrocnemius,gluteos maximus muscles.
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Aryarad Sport Club
Full name of responsible person
Sahar Safari
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Zarei Ave, Golestan Town
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Iran University of Medical Sciences
Full name of responsible person
Dr Seyed Kazem Malakouti
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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
Iran 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
Iran University of Medical Sciences
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Holakoo Mohsenifar
Position
Assistant Professor
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
There is no further information
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