

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Aug 2026

The effects of Kinesio Tape on kinesiophobia, balance and functional performance of athletes post anterior cruciate ligament reconstruction , in the return-to-sport phase

Protocol summary

Study aim

The effects of Kinesio Tape on kinesiophobia, balance and functional performance of athletes post anterior cruciate ligament reconstruction , in the return-to-sport phase

Design

Volunteers will be introduced to the study after they are aware of the conditions for participation in the research, how to carry out evaluations and interventions, and complete the form of satisfaction. Participants will then be randomly divided into two intervention groups (real Keynesian) and control (Kinezapid Placebo) randomly by percutaneous blocking.

Settings and conduct

After applying brigade-type and placebo, agility tests and fear-movement questionnaires are taken immediately after the brigade and 48 hours later.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Being athlete based on the Tegner questionnaire (earning a score of over 5 from Tegner's Questionnaire) (48) The presence of kinesiophobia based on the Tampa questionnaire (score higher than 37) Six months to twelve months of unilateral anterior cruciate ligament injury Full hip, knee and wrist range in both legs Walking Mode (Gait) Normal Exit criteria: Severe pain, swelling and limitation of the range of motion in the knees Having dizziness and involvement of the Vestibular system Major orthopedic, neurological or rheumatologic injuries in the lower extremities History of previous surgery in the lower extremity Difference in legs

Intervention groups

Typing therapy group: Kinesiotyping of the knee is done by applying stretching. Group Placebo: In the control group, the same method and method of taping the treatment group is performed without any traction.

Main outcome variables

Score of Tampa questionnaire Single-hop test jump The length of the star test has been changed in 3 directions A

record of functional testing time

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190130042556N1**

Registration date: **2019-02-12, 1397/11/23**

Registration timing: **registered_while_recruiting**

Last update: **2019-02-12, 1397/11/23**

Update count: **0**

Registration date

2019-02-12, 1397/11/23

Registrant information

Name

Milad Gholami

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 83 3827 8666

Email address

miladgholami1991@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-01-21, 1397/11/01

Expected recruitment end date

2019-03-21, 1398/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of Kinesio Tape on kinesiophobia, balance and functional performance of athletes post anterior cruciate ligament reconstruction , in the return-to-sport phase

Public title

The effects of Kinesio Tape on kinesiophobia, balance and functional performance of athletes post anterior cruciate ligament reconstruction , in the return-to-sport phase

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

People who 6-12 month after ACL reconstruction surgery
Those who are scared to move on the basis of the Tampa questionnaire above 37 Being athlete on the basis of the Tegner questionnaire (earning a score of over 5 from the Tegner questionnaire) Full hip, knee and wrist range in both legs Walking Mode (Gait) Normal

Exclusion criteria:

Severe pain, swelling and limitation of the range of motion in the knees Having dizziness and involvement of the Vestibular system Major orthopedic, neurological or rheumatologic injuries in the lower extremities History of previous surgery in the lower extremity Difference in length legs

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Outcome assessor
- Data analyser

Sample size

Target sample size: 20

Randomization (investigator's opinion)

Randomized

Randomization description

Using the permutation block method First we define 6 modes for 4 permutational blocks, then we use 5 random numbers using the computer, and based on the numbers obtained, as well as the number of blocks, we put them together in each other until the 20 permutations are equally and completely randomized into 2 groups 10 people divided.

Blinding (investigator's opinion)

Double blinded

Blinding description

Patients and Evaluator

Placebo

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ethics committee of Shiraz University of Medical Sciences

Street address

Shiraz, Faculty of Rehabilitation, Shiraz University of Medical Sciences

City

Shiraz

Province

Fars

Postal code

6719987945

Approval date

2019-01-25, 1397/11/05

Ethics committee reference number

IR.SUMS.REHAB.REC.1397.017

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

ACL Reconstruction Surgery

ICD-10 code

S83.5

ICD-10 code description

Sprain of cruciate ligament of knee

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

Fear of movement in the questionnaire score Tampa

Timepoint

Before, immediately and 48 hours after the intervention

Method of measurement

Fear of movement Scale Questionnaire

Secondary outcomes**1****Description**

Level Of Functional Activity

Timepoint

Before, immediately and 48 hours after the intervention

Method of measurement

Functional Tests

Intervention groups

1

Description

Intervention group: Kinesiotaping of knee ; In order to apply kinesiopy in the intervention group, the 5-cm Kinsey Brigade 50% stretch along the quadriceps muscle is drawn from the beginning of the muscle, and then it is pulled apart and the two sides of the trunk are lowered. Then we use a type I-shaped cut so that it can be tipped from the tibia protrusions up to 5 cm above the femoral condylos, with the aim of correcting knee movements and stimulating surface receptors. By placing the knee in a range of 80 to 90 degrees, open the brigade from the middle and place it in full tension on the tibia's prominence and then gradually reduce the traction of the tracks, 50% are attached to the femoral condylids.

Category

Rehabilitation

2

Description

Control group: Kinesiotyping without stretch (Pelacebo) Of Knee ; Exactly the kineziotype stages of the treatment group are performed, but without kinziotype kinziotyping

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Sports Medicine Board of Kermanshah Province

Full name of responsible person

Milad Gholami

Street address

Kermanshah, Shahid Beheshti Blvd., Azadi Stadium

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Email

Miladgholami1991@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Dr.Fahimeh Kamali

Street address

Zand Blvd.

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Shiraz

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Postal code

7134814336

Phone

+98 71 3230 5410

Email

miladgholami@gmail.com

Web page address

<https://www.sums.ac.ir>

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

No

Title of funding source

Milad Gholami

Proportion provided by this source

100

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Persons

Person responsible for general inquiries

Contact

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Milad Gholami

Position

Master of Sport Physiotherapy

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

Al-Haya Town, Provincial 2, Marsh Bahramabadi 45-meter Shrine, Block 32, No. 20

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Milad Gholami

Position

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Other areas of specialty/work

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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

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

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

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

Data Dictionary

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

Person responsible for updating data

Contact

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Milad Gholami

Position

Master of Sport Physiotherapy

Latest degree

Master