

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jul 2026

The Effect of Quadriceps Kinesio Taping on the Anaerobic Muscle Power and Anaerobic Threshold of Active Male Students

Protocol summary

Study aim

The Effect of Quadriceps Kinesio Taping on the Anaerobic Muscle Power and Anaerobic Threshold of Active Male Students

Design

A quasi-experimental pretest-posttest design was used. Subjects were enrolled in this study voluntarily and randomly divided into two groups of, taping and control groups

Settings and conduct

This research will be conducted at the laboratory of University of Mohaghegh Ardabili. Subjects were enrolled in this study voluntarily and randomly divided into two groups of, taping (n=15) and control (n=15) groups. The AMP was measured by the Wingate test, and the AT of participants was measured by a dependent maximal treadmill protocol (Conconi Test) with a week gap.

Participants/Inclusion and exclusion criteria

Subjects were healthy and normal condition in the initial assessment. Range of age between 18 to 25 years.

Intervention groups

Taping and control groups Kinesio tapes, 5 cm in width, were applied to quadriceps femurs muscles of participants. The AT was evaluated after 7 days taping, then after 7 days, the AMP was re-evaluated. The control group's muscles did not tape.

Main outcome variables

Anaerobic Muscle Power (AMP) and Anaerobic Threshold (AT)

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190302042881N1**

Registration date: **2019-06-11, 1398/03/21**

Registration timing: **retrospective**

Last update: **2019-06-11, 1398/03/21**

Update count: **0**

Registration date

2019-06-11, 1398/03/21

Registrant information

Name

Mohsen Barghamadi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 45 3150 5652

Email address

barghamadi@uma.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-01-01, 1397/10/11

Expected recruitment end date

2019-05-01, 1398/02/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Quadriceps Kinesio Taping on the Anaerobic Muscle Power and Anaerobic Threshold of Active Male Students

Public title

The Effect of Quadriceps Kinesio Taping on the Anaerobic Muscle Power and Anaerobic Threshold

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

No apparent musculoskeletal, postural or neurological ailment

Exclusion criteria:

History of major musculoskeletal surgery at trunk and/or lower limbs, neuromuscular disorders, orthopedic related diseases, limb length discrepancies of greater than 5 mm
The electrical cardiograph, blood pressure and resting heart rate were abnormal.

Age

From **18 years** old to **25 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **14**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple randomization The names of all subjects will pour into a pouch and randomly will divide into one of two groups.

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 Ardabil University of Medical Sciences

Street address

Daneshgah St.

City

Ardabil

Province

Ardabil

Postal code

5619911367

Approval date

2018-07-01, 1397/04/10

Ethics committee reference number

IR.ARUMS.1397.029

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

Healthy students

ICD-10 code

Z76.3

ICD-10 code description

Healthy person accompanying sick person

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

Anaerobic Muscle Power(AMP) and Anaerobic Threshold (AT)

Timepoint

One week

Method of measurement

The AMP was measured by the Wingate test, and the AT of participants was measured by a dependent maximal treadmill protocol (Conconi Test) with a week gap. Kinesio tapes, 5 cm in width, were applied to quadriceps femurs muscles of participants. The AT was evaluated after 7 days taping, then after 7 days, the AMP was re-evaluated.

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

Anaerobic Muscle Power and Anaerobic Threshold

Timepoint

One week

Method of measurement

The AMP was measured by the Wingate test, and the AT of participants was measured by a dependent maximal treadmill protocol (Conconi Test) with a week gap.

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

Intervention group: (Taping group) kinesio tape group were taped by kinesio tapes, 5 cm in width made in South Korea for one week. Three kinesio tape, were applied to rectus fumoris, vastus medialis and vastus lateralis muscles of participants by mechanical correction method.

Category

Diagnosis

2**Description**

Control group: There was no intervention in the control group

Category

Diagnosis

Recruitment centers

1

Recruitment center

Name of recruitment center

University of Mohaghegh Ardabili

Full name of responsible person

Mohsen Barghamadi

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barghamadi@uma.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ardabil University of Medical Sciences

Full name of responsible person

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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

Ardabil 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

Ardabil University of Medical Sciences

Full name of responsible person

Mohsen Barghamadi

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Sport Medicine

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Person responsible for scientific inquiries

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Full name of responsible person

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Person responsible for updating data

Contact

Name of organization / entity

Ardabil University of Medical Sciences

Full name of responsible person

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Fax**Email**

barghamadi@uma.ac.ir

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

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Not applicable

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

Twenty eight male healthy students of University of Mohaghegh Ardabili were participated.

When the data will become available and for how long

6 months after publication

To whom data/document is available

Researcher in Sport science

Under which criteria data/document could be used

There is no specific condition

From where data/document is obtainable

barghamadi@uma.ac.ir

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

By personal email

Comments