Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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)
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+98 45 3150 5652
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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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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
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Other areas of specialty/work
Sport Medicine
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Person responsible for scientific inquiries

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Person responsible for updating data

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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