

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 2026

Effect of cognitive changes associated with sensory taping on balance in athletes with ankle sprain

Protocol summary

Study aim

Study of the effects of cognitive changes associated with sensory taping on the center of pressure displacement in the athletes with chronic ankle sprain

Design

A controlled clinical trial study with parallel group design

Settings and conduct

This study will be carried out at the Neuromuscular Rehabilitation Center of Semnan University of Medical Sciences. In this study, patients will be evaluated for pain and balance after entering the study and filling out the consent form. Then, related area of the affected leg will be taped from origin to insertion of the peroneal muscles, and immediately after the tape, the balance of the subjects will be evaluated.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Patients with chronic ankle sprain for the last two years in the age range of 18-40 years

Exclusion criteria: Any disorders in balance and other musculoskeletal disorders, fractures and bone defects of the lower limbs and trunk

Intervention groups

Experimental group: In this group, the patients will be intervened via the ankle taping. Control group: In this group, healthy people without any disease will be studied according to the study parameters.

Main outcome variables

Pain, center of pressure parameters.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160808029264N6**

Registration date: **2019-07-09, 1398/04/18**

Registration timing: **prospective**

Last update: **2019-07-09, 1398/04/18**

Update count: **0**

Registration date

2019-07-09, 1398/04/18

Registrant information

Name

Rasool Bagheri

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 23 3344 1022

Email address

rasool.bagheri@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-09-23, 1398/07/01

Expected recruitment end date

2020-03-19, 1398/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of cognitive changes associated with sensory taping on balance in athletes with ankle sprain

Public title

Efficacy of taping on chronic ankle sprain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

History of ankle sprain in past two years Having a history

of at least two giving way in the ankle joint Negative anterior drawer test

Exclusion criteria:
 Presence of a disturbance in standing and balance.
 Memory impairment History of fracture in the lower extremities Neural defects such as Parkinson's disease, neuropathy, diabetes, anemia and middle ear disorder, musculoskeletal disorders in the limbs and trunk

Age
 From **18 years** old to **40 years** old

Gender
 Both

Phase
 N/A

Groups that have been masked

- Outcome assessor

Sample size
 Target sample size: **22**

Randomization (investigator's opinion)
 N/A

Randomization description

Blinding (investigator's opinion)
 Single blinded

Blinding description
 In this study, a researcher who will evaluate the outcomes and results will not be informed about the allocation of groups.

Placebo
 Not used

Assignment
 Parallel

Other design features
 In this study, patients group will be compared with a healthy group according to the balance parameters. After the intervention in the patient group, the balance parameters will be compared between the two groups.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Comittee of Semnan University of Medical Sciences

Street address

Basij Blvd., Semnan., Semnan Province

City

Semnan

Province

Semnan

Postal code

3513135111

Approval date

2019-06-11, 1398/03/21

Ethics committee reference number

IR.SEMUMS.REC.1398.057

Health conditions studied

1

Description of health condition studied

Chronic ankle sprain

ICD-10 code

S93.4

ICD-10 code description

Sprain of ankle

Primary outcomes

1

Description

pain

Timepoint

Before and after taping of ankle

Method of measurement

A 100 mm visual analogue pain scale

Secondary outcomes

1

Description

Static balance

Timepoint

Before and after ankle taping

Method of measurement

Mean of center of pressure displacement

Intervention groups

1

Description

Intervention group: In this group, the patient will be treated with Kinesio-tape in 1 session. One piece of Kinesio-tape is prepared about 80% of the calf and after the skin is prepared, the brigade is attached to the outer region of the leg and from the beginning to the ends of the peroneal muscles. Balancing measurements will be made immediately after typing.

Category

Rehabilitation

2

Description

Control group: In this group, without any interventions, balance measurements will be made as in the intervention group.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Neuromuscular Rehabilitation Research Center,
Semnan University of Medical Sciences., Semnan., Iran.

Full name of responsible person

Dr Rasool Bagheri

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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, Deputy of Research and
Technology University

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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

Mehrdad Javan

Position

Master Science Student

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries

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Position

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Latest degree

Ph.D.

Other areas of specialty/work

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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

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