

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

03 Jul 2026

### Investigate The Immediate effects of Kinesiotaping on the H-reflex recruitment parameters & performance in athletic with gastronomies trigger point

#### Protocol summary

##### Study aim

Evaluation of the immediate effect of kinesio-tape on gastroc-soleus H reflex recruitment curve and performance in athletes with gastroc-soleus trigger point

##### Design

A concealed, randomized, blinded, sham controlled clinical trial with a parallel group design of 21 patients, enrolled between January 2020 and January 2021.

##### Settings and conduct

The study will be conducted at the Neuromuscular Rehabilitation Research Center of Semnan University of Medical Sciences. The way to get blind will be that patients will not know which group they are in. The outcome assessor will also not be aware of how groups are allocated.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: Athletes with leg pain in the 22-35 year age range  
Exclusion criteria: any other lower extremity disorders and neuromuscular disorders of the limbs and spine, a history of physiotherapy and medication for leg pain and addiction

##### Intervention groups

Patients will be randomly assigned into two groups. In the first group, the first day, a Y strip Kinesio-tape will be attached to the lower leg by real stretching from calcaneus to the knee joint. On the second day, after 48 hours, the Sham kinesio-tape will be applied to the related area in the same way as the first day it is applied but without stretching. In the second group, the first day, the Sham kinesio-tape and the second day after 48 hours, the real kinesio-tape will be applied to the lower leg as described above. So the first group is the placebo-real kinesio-tape application and the second group is the placebo-real.

##### Main outcome variables

pain, performance

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20160808029264N8**

Registration date: **2020-01-24, 1398/11/04**

Registration timing: **registered\_while\_recruiting**

Last update: **2020-01-24, 1398/11/04**

Update count: **0**

##### Registration date

2020-01-24, 1398/11/04

##### Registrant information

##### Name

Rasool Bagheri

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 23 3344 1022

##### Email address

rasool.bagheri@ymail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2020-01-20, 1398/10/30

##### Expected recruitment end date

2021-01-19, 1399/10/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

## Scientific title

Investigate The Immediate effects of Kinesiotaping on the H-reflex recruitment parameters & performance in athletic with gastronomies trigger point

## Public title

Effect of kinesiology tape on the lower leg pain

## Purpose

Treatment

## Inclusion/Exclusion criteria

### Inclusion criteria:

At least two years experience in sports The presence of trigger point in the gastrocnemius muscle Have a normal BMI

### Exclusion criteria:

Having a history of fracture and surgery in the lower extremities and spine Achilles tendinopathy Having any rheumatic and skin problems Alcohol and Cigarette Addiction. Lumbago and radiculopathy fibromyalgia syndrome

## Age

From **22 years** old to **35 years** old

## Gender

Both

## Phase

N/A

## Groups that have been masked

- Participant
- Data analyser

## Sample size

Target sample size: **21**

## Randomization (investigator's opinion)

Randomized

## Randomization description

Randomization will be done by simple randomization using the throwing a coin. Patients will be assigned to control group (tail) and to treatment group (head), respectively.

## Blinding (investigator's opinion)

Double blinded

## Blinding description

The patients will be blind as they will not know in which group they are because both groups of Kinesio-tape will be applied to the same area of the leg.

## Placebo

Used

## Assignment

Crossover

## Other design features

Participants in the first group will receive the real kinesio-tape on the first day of the study and placebo in the second day of the study and the second group will receive the placebo on the first day of the study and the real kinesio-tape on the second day of the study, so the design will be crossover.

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics Comitee of Semnan University of Medical Sciences

##### Street address

Basij Blvd, Semnan, Semnan Province.

##### City

Semnan

##### Province

Semnan

##### Postal code

3513135111

#### Approval date

2019-10-22, 1398/07/30

#### Ethics committee reference number

IR.SEMUMS.REC.1398.158

## Health conditions studied

### 1

#### Description of health condition studied

lower leg pain

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

pain

#### Timepoint

pre and post intervention

#### Method of measurement

100-milimeters numbering pain rating scale

### 2

#### Description

performance

#### Timepoint

pre and post intervention

#### Method of measurement

Jump height test

## Secondary outcomes

### 1

#### Description

H-reflex recruitment curve

#### Timepoint

Pre, during and post intervention

#### Method of measurement

H reflex registration instrument

## Intervention groups

### 1

#### Description

Intervention group: in this group, a Y strip kinesio-tape will be applied from distal to the proximal on the posterior leg.

#### Category

Rehabilitation

### 2

#### Description

Control group: in this group, a Y-strip kinesio-tape will be applied on the posterior leg as the same way of real tape without stretching.

#### 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

##### Street address

Basij Blvd., Semnan., Semnan Province

##### City

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##### Postal code

3513135111

##### Phone

+98 23 3336 4180

##### Email

Rasool.bagheri@ymail.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Semnan University of Medical Sciences

##### Full name of responsible person

Dr Parviz Kokhaei

##### Street address

Basij Blvd., Semnan., Semnan Province

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#### Email

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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

Mina Gholami

##### Position

Ms student

##### Latest degree

Ph.D.

##### Other areas of specialty/work

Physiotherapy

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Basij Blvd., Semnan., Semnan Province

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## Person responsible for scientific inquiries

#### Contact

##### Name of organization / entity

Semnan University of Medical Sciences

##### Full name of responsible person

Mina Gholami

##### Position

Assistant professor

##### Latest degree

Ph.D.

##### Other areas of specialty/work

Physiotherapy

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**Person responsible for updating data**

**Contact**

**Name of organization / entity**

Semnan University of Medical Sciences

**Full name of responsible person**

Mina Gholami

**Position**

Assistant professor

**Latest degree**

Ph.D.

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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