

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

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan 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

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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Person responsible for updating data

Contact

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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