

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Jul 2026

Effect of kinesiotaping on ankle proprioception in healthy untrained female during menstruation

Protocol summary

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Summary

The objective of this randomized clinical trial is to evaluate the effects of kinesio taping on ankle joint position sense of healthy untrained female during menstruation. In this study 40 healthy women with a regular menstrual cycle in past 3 months and normal bleeding cycle (4 up to 7 days) will be recruited and randomly assigned into intervention or control group. The subjects in the intervention group will receive one session of kinesiotaping of ankle joint. The subjects in control group will receive no intervention. Mean of standard error of ankle joint reconstruction angle will be measured before the intervention, immediately after and after 48 hours , and will be compared between 2 groups.

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Semnan University of Medical Sciences

Expected recruitment start date

2016-06-20, 1395/03/31

Expected recruitment end date

2016-08-21, 1395/05/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201605184203N12**

Registration date: **2016-09-04, 1395/06/14**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-09-04, 1395/06/14

Registrant information

Name

Atefeh Aminian Far

Name of organization / entity

Semnan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 23 1335 4180

Email address

Scientific title

Effect of kinesiotaping on ankle proprioception in healthy untrained female during menstruation

Public title

Kinesiotape and ankle proprioception in menstrual cycle

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: having regular menstrual cycles in the past 3 months; a natural cycle bleeding (4 up to 7 days).
Exclusion criteria: missed menstrual cycle in the last 6 months, participating in regular exercise in the last 3 months; neuromuscular diseases; musculoskeletal or rheumatoid disease; vestibular system problems; history of injury and trauma to the lower extremities in the last 3 months; history of surgery in lower extremities; prior use of oral contraceptives and steroids in the last 6 months; breastfeeding; regular use of foot strap.

Age

From **18 years** old to **35 years** old

Gender

Female

Phase

3

Groups that have been masked*No information***Sample size**

Target sample size: 40

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

Sealed envelope method of randomization.

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Semnan University of Medical Sciences

Street address

Bassij Blvd, Semnan University of Medical Sciences, Deputy of Research, Semnan, Iran.

City

Semnan

Postal code**Approval date**

2016-05-25, 1395/03/05

Ethics committee reference number

ir.semums.rec.1395.32

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

Menstrula cycle

ICD-10 code

N92.0

ICD-10 code description

Excessive and frequent menstruation with regular cycle

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

Standard error of ankle joint reconstruction angle

Timepoint

befor intervention, Immediately after intervention, 48 hours after intervention

Method of measurement

Biodex system

Secondary outcomes

empty

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

Intervention group: Applying of kinesiotaping of ankle joint for 48 hours, continuously.

Category

Rehabilitation

2**Description**

Control group: No intervention

Category

Rehabilitation

Recruitment centers**1****Recruitment center****Name of recruitment center**

Neuromuscular Rehabilitation Research Center of Semnan University of Medical Sciences.

Full name of responsible person

Dr Atefeh Aminian Fr

Street address**City**

Semnan

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Vice-chancellor for research, Semnan University of Medical Sciences

Full name of responsible person

Dr, Ali Rashidipour

Street address

Bassij Blvd, Semnan University of Medical Sciences, Deputy of Research, Semnan, Iran.

City

Semnan

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Vice-chancellor for research, Semnan University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Dr. Atefeh Aminian Far

Position

Ph.D of Physiotherapy/ Assistant Professor

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty