

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Jun 2026

### The effect of kinesio taping on control of posture ,kinematic and knee joint proprioception in physically active female with dynamic knee valgus

#### Protocol summary

##### Study aim

The purpose of this study is to investigate the effect of kinesio taping on control of posture, kinematic and knee joint proprioception in physically active women with dynamic knee valgus.

##### Design

Clinical trial with placebo control group, with arallel groups, single blinded, randomized

##### Settings and conduct

The tests will be carried out by the specialists at the Sport Rehabilitation in One Gym in Roomeshgan City. During the testing, the participant will be unaware of the main purpose of the research.

##### Participants/Inclusion and exclusion criteria

The inclusion criteria included: age range 18 to 28 years, having a knee dynamic valgus angle of more than 12 degrees, having at least two years of regular sports experience, and exclusion criteria including: history of mechanical back pain in the past year, history of any damage in the past six months, History of knee surgery, History of ankle surgery.

##### Intervention groups

"Intervention group": kinesio taping group (kinesio tape with yellow color, ATEX brand made in South Korea) will be applied to the muscles of the gluteus medius with tension %20 and tibialis anterior with %50 tension for 48 hours, then kinematic, control of posture and knee joint proprioception will be measured before and after application of kinesio taping. "Placebo Control group": placebo control group ( kinesio tape with yellow color, ATEX brand made in South Korea no tension) will be applied to the muscles of the gluteus medius and tibialis anterior with no tension for 48 hours, then kinematic, control of posture and knee joint proprioception will be measured before and after application of kinesio taping. therefore, the first group really applied kinesiotope and the second group will be applied as placebo kinesiotope .

##### Main outcome variables

Disorder in control of posture, proprioception and knee

joint kinematic .

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20200222046573N1**

Registration date: **2020-12-07, 1399/09/17**

Registration timing: **retrospective**

Last update: **2020-12-07, 1399/09/17**

Update count: **0**

##### Registration date

2020-12-07, 1399/09/17

##### Registrant information

##### Name

hosnieh Roomiani

##### Name of organization / entity

Bu- Ali sina university

##### Country

Iran (Islamic Republic of)

##### Phone

+98 66 3266 2428

##### Email address

hosnieh1373@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2020-06-30, 1399/04/10

##### Expected recruitment end date

2020-09-09, 1399/06/19

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

**Trial completion date**

empty

**Scientific title**

The effect of kinesiio taping on control of posture ,kinematic and knee joint proprioception in physically active female with dynamic knee valgus

**Public title**

The effect of kinesiio taping on dynamic knee valgus

**Purpose**

Treatment

**Inclusion/Exclusion criteria****Inclusion criteria:**

age range 18 to 28 years Having a knee dynamic valgus angle of more than 12 degrees Having at least two years of regular sports experience

**Exclusion criteria:**

History of mechanical back pain in the last year History of any damage in the last six months History of knee surgery History of ankle surgery.

**Age**

From **18 years** old to **28 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

- Participant

**Sample size**

Target sample size: **26**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Randomization was done by lottery in which the participant choose one of two papers ("intervention" and "placebo control").

**Blinding (investigator's opinion)**

Single blinded

**Blinding description**

Patients will not know in which group will they be placed because in both groups the kinesiotape will be glued to the same area of the thigh and leg and in both groups, the size of the attached tape was the same .the only difference between the two group was that in the kinesiotape group was taped by the Kinesiotape with tension, while the placebo group was taped with Kinesiotape but with-out any tension and patients did not notic any difference in kinesiotaping tension.

**Placebo**

Used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

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

Ethics committee of Hamedan University of Medical Sciences

**Street address**

Bu Ali Sina University, Abu Taleb St, Modares Quarter, Hamedan

**City**

Hamedan

**Province**

Hamadan

**Postal code**

3869565178

**Approval date**

2019-12-13, 1398/09/22

**Ethics committee reference number**

IR BASU.REC.1398.019

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

Dynamic Knee Valgus

**ICD-10 code****ICD-10 code description****Primary outcomes****1****Description**

Disorder in kinematic

**Timepoint**

Before the intervention begins and 48 hours after the end of the intervention

**Method of measurement**

Kinovea software

**2****Description**

Disorder in control of posture

**Timepoint**

Before the intervention begins and 48 hours after the end of the intervention

**Method of measurement**

Y balance test and Bess balance test

**3****Description**

Disorder in knee joint properioception

**Timepoint**

Before the intervention begins and 48 hours after the end of the intervention

**Method of measurement**

goniameter

## Secondary outcomes

### 1

#### Description

Knee flexion and valgus angles.

#### Timepoint

Before the intervention begins and 48 hours after the end of the intervention

#### Method of measurement

kinovea software

### 2

#### Description

Balance scores

#### Timepoint

Before the intervention begins and 48 hours after the end of the intervention

#### Method of measurement

Y balance test and Bess balance test

### 3

#### Description

Joint angle reconstruction error

#### Timepoint

Before the intervention begins and 48 hours after the end of the intervention

#### Method of measurement

goniometer

## Intervention groups

### 1

#### Description

Intervention group: kinesio taping group (kinesio tape with yellow color ATEX brand made in South Korea) will be applied to the muscles of the gluteus medius with %20 tension and tibialis anterior with %50 tension for 48 hours, then kinematic, control of posture and knee joint proprioception will be measured before and after application of kinesio taping.

#### Category

Rehabilitation

### 2

#### Description

Control Placebo group": control placebo group with kinesiotape (kinesio tape with yellow color ATEX brand made in South Korea) intervention as the first intervention group but without tension will be applied to the muscles of the gluteus medius and tibialis anterior for 48 hours, then kinematic, control of posture and knee joint proprioception will be measured before and after application of kinesio taping.

#### Category

Rehabilitation

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Committee of volleyball of Roomeshgan

##### Full name of responsible person

Hosnieh Roomiani

##### Street address

Golestan15 St, Roomiani Village, Township Roomeshgan, Lorestan

##### City

Roomeshgan

##### Province

Lorestan

##### Postal code

6845154453

##### Phone

+98 66 3266 2428

##### Email

hosnieh1373@gmail.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Bu Ali Sina University

##### Full name of responsible person

Farzane Saki

##### Street address

Bu Ali Sina University, Abu Taleb St, Modares Quarter, Hamedan

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6517838695

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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?

No

#### Title of funding source

Bu Ali Sina University

#### 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

**Email**

hosnieh1373@gmail.com

## Person responsible for general inquiries

### Contact

**Name of organization / entity**

Bu Ali sina university

**Full name of responsible person**

Hosnieh Roomiani

**Position**

Student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Sport Rehabilitation

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## Person responsible for updating data

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## Person responsible for scientific inquiries

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**Position**

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**Latest degree**

Bachelor

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**Province**

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+98 66 3266 2428

## 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