

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

02 Jul 2026

### Investigation the kinesio taping effect on the shoulder proprioception in the throwing athletes

#### Protocol summary

##### Summary

Objective: investigation the effect of kinesio taping on the shoulder joint proprioception in throwing athletes  
Study design: Randomized, controlled, single center, throwing athletes  
Major inclusion criteria: Healthy throwing athlete, Major exclusion criteria: History of neck or shoulder trauma; Neurological condition; shoulder or upper limb surgery. Sample size: 30  
Intervention: Using kinesio taping on shoulder of volunteer in cross over manner, so that the one group received 24 hours kinesio taping in the first session of evaluation and nothing in the second session evaluation with one week interval, the other group will received nothing in the first session of evaluation and after one week they will received 24 hours of kinesio taping on their shoulder  
Time of intervention: 24 hours  
Primary outcome: Deviation angle during the reconstruction of shoulder joint flexion and abduction at angle of 60 and 120 degree

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201406111254N10**

Registration date: **2015-01-31, 1393/11/11**

Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2015-01-31, 1393/11/11

##### Registrant information

###### Name

Amir Hoshang Bakhtiary Davijani

###### Name of organization / entity

Semnan University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 23 1444 1983

###### Email address

amirbakhtiary@sem-ums.ac.ir

##### Recruitment status

###### Recruitment complete

##### Funding source

Research and technology Vice chancellor of Semnan University of Medical Sciences

##### Expected recruitment start date

2015-04-01, 1394/01/12

##### Expected recruitment end date

2015-08-01, 1394/05/10

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Investigation the kinesio taping effect on the shoulder proprioception in the throwing athletes

##### Public title

Effect of taping on shoulder function

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Healthy throwing athletes, without any history of shoulder trauma

##### Age

From **17 years** old to **35 years** old

##### Gender

Female

##### Phase

2

##### Groups that have been masked

No information

### Sample size

Target sample size: 30

### Randomization (investigator's opinion)

Randomized

### Randomization description

### Blinding (investigator's opinion)

Not blinded

### Blinding description

### Placebo

Not used

### Assignment

Crossover

### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethical Committee of Semnan University of Medical Sciences

##### Street address

Research and Technology Deputy, Semnan University of Medical Sciences, Blvd. Basij

##### City

Semnan

##### Postal code

#### Approval date

2010-08-20, 1389/05/29

#### Ethics committee reference number

It has been submitted and It will be entered as soon as we recived

## Health conditions studied

### 1

#### Description of health condition studied

Healthy throwing athletes

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

Deviation angle during reconstruction of shoulder flexion at 60 degree

#### Timepoint

Before and after the end of intervention

#### Method of measurement

Using Biodex 4Pro machine to measure the deviation angle

### 2

#### Description

Deviation angle during reconstruction of shoulder flexion at 120 degree

#### Timepoint

Before and after the end of intervention

#### Method of measurement

Using Biodex 4Pro machine to measure the deviation angle

### 3

#### Description

Deviation angle during reconstruction of shoulder abduction at 60 degree

#### Timepoint

Before and after the end of intervention

#### Method of measurement

Using Biodex 4Pro machine to measure the deviation angle

### 4

#### Description

Deviation angle during reconstruction of shoulder abduction at 120 degree

#### Timepoint

Before and after the end of intervention

#### Method of measurement

Using Biodex 4Pro machine to measure the deviation angle

## Secondary outcomes

### 1

#### Description

No secondary outcome to measure

#### Timepoint

NA

#### Method of measurement

NA

## Intervention groups

### 1

#### Description

Control group will not receive any intervention

#### Category

Prevention

### 2

#### Description

24 hours of adhesive kinesiio taping attachment over the shoulder joint included 2 vertical bands over the anterior and posterior aspects of shoulder and 1 horizontal band over the upper part of arm which will be attached with mild tension of 15 -25% over the length of attachment onthe skin of shoulder joint.

#### Category

Prevention

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Neuromuscular Rehabilitation Research Center,  
Semnan University of Medical Sciences

##### Full name of responsible person

Amir Hoshang Bakhtiary

##### Street address

No 123, GHods Ave.

##### City

Semnan

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Vice chancellor for research and technology, Semnan  
University of Medical Scienc

##### Full name of responsible person

Dr Ali Rashidypour

##### Street address

No1, Basij Blvd.

##### 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 and technology, Semnan  
University of Medical Scienc

##### 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

Neuromuscular Rehabilitation Research Center,  
Semnan University of Medical Sciences

##### Full name of responsible person

Dr Amir Hoshang Bakhtiary

##### Position

Head of Neuromuscular Rehabilitation Research  
Center/ PhD

#### Other areas of specialty/work

##### Street address

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##### Web page address

## Person responsible for scientific inquiries

#### Contact

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##### Full name of responsible person

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## Person responsible for updating data

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**Web page address**

## **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*