Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The role of Kinesiotaping and Athletic Tape on Lumbopelvic Control Weakness in Elite Athletes

Protocol summary

Study aim
The role of Kinesiotaping and Athletic Tape on Lumbopelvic Control Weakness in Elite Athletes

Design
Non-random controlled trial, with control group, with parallel groups,

Settings and conduct
This study will be conducted in Razi University Sports Rehabilitation Laboratory. In this non-randomized trial, 60 athletes in volleyball, handball and basketball will be selected. Subjects will be purposefully and non-randomly divided into two groups (Case (n = 30 groups with lumbopelvic control disorder). In both groups in the pre-test stage, the variables of foot pressure, landing mechanism, lower limb kinematics, muscle strength Lower limb, balance and lower limb function will be evaluated, then in one group the kinesio tape and athletic tape will be used to stabilize the lumbopelvic complex and in the other group will not be used immediately after the kinesio tape and athletic tape will be studied.

Participants/Inclusion and exclusion criteria
Entry: Includes elite athletes in sports (basketball, handball, volleyball), member of the national team and national league with at least 2 years of experience in national competitions, age range 18-30 years, without injury in the last 6 months Exit criteria: Participate in rehabilitation and therapeutic exercise program in the last 6 months, have a history of injury in the last 6 months in the trunk and lower limbs, have a history of surgery in the lower back

Intervention groups
Group 1: subjects with lumbopelvic control disorder No intervention kinesio tape and athletic tape Group 2: subjects with lumbopelvic control disorder With intervention kinesio tape and athletic tape

Main outcome variables
lumbopelvic control

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20200319046817N1**
Registration date: **2020-08-09, 1399/05/19**
Registration timing: **prospective**

Last update: **2020-08-09, 1399/05/19**
Update count: **0**

Registration date
2020-08-09, 1399/05/19

Registrant information

Name
pari fadaei

Name of organization / entity
Razi university

Country
Iran (Islamic Republic of)

Phone
+98 38 3324 5255

Email address
p.fadaei2018@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2020-08-22, 1399/06/01

Expected recruitment end date
2020-09-22, 1399/07/01

Actual recruitment start date
2020-08-22, 1399/06/01

Actual recruitment end date
2020-09-22, 1399/07/01

Trial completion date
2020-09-22, 1399/07/01

Scientific title
The role of Kinesiotaping and Athletic Tape on Lumbopelvic Control Weakness in Elite Athletes

Public title
The role of Kinesiotaping and Athletic Tape on Lumbopelvic Control Weakness in Elite Athletes

Purpose
Prevention

Inclusion/Exclusion criteria

Inclusion criteria:
elite athletes in sports (basketball, handball, volleyball) At least 2 years of experience in national competitions and national teams age range 18-30 years without injury in the last 6 months

Exclusion criteria:
Participate in rehabilitation and exercise training program in the last 6 months have a history of injury in the last 6 months in the trunk and lower limbs have a history of surgery in the lumbar region, with inflammatory spinal disease with a history of spinal fractures with a history of lumbar tumor

Age
From **18 years** old to **30 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **60**
Actual sample size reached: **60**

Randomization (investigator's opinion)
Not randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Research Ethics Committee of Razi University of Kermanshah

Street address
Pireghar, Farsan

City
Sharerkord

Province
Chahar-Mahal-va-Bakhtiari

Postal code
8861137357

Approval date
2020-06-02, 1399/03/13

Ethics committee reference number
IR.RAZI.REC.1399.007

Health conditions studied

1

Description of health condition studied
Lower extremity injuries

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
lumbopelvic control

Timepoint
Before the start of the intervention and 2 hours after the end of the intervention

Method of measurement
biofeedback pressure

Secondary outcomes

1

Description
Foot pressure.

Timepoint
Before the start of the intervention and 2 hours after the end of the intervention

Method of measurement
Laboratory

2

Description
Lower extremity muscle strength

Timepoint
Before the start of the intervention and 2 hours after the end of the intervention

Method of measurement
Laboratory

3

Description
Lower limb kinematics

Timepoint
Before the start of the intervention and 2 hours after the end of the intervention

Method of measurement
Laboratory

4

Description
balance
Timepoint
Before the start of the intervention and 2 hours after the end of the intervention
Method of measurement
Laboratory

5

Description
Pasteur swing
Timepoint
Before the start of the intervention and 2 hours after the end of the intervention
Method of measurement
Laboratory

6

Description
Function
Timepoint
Before the start of the intervention and 2 hours after the end of the intervention
Method of measurement
Laboratory

Intervention groups

1

Description
Control group: without lumbopelvic control disorder: In this group, all variables predicting bed injuries such as foot pressure, balance, muscle strength and lower limb kinematics, posterior swing and athletes' performance will be evaluated.
Category
Prevention

2

Description
Intervention group: lumbopelvic control disorder group: kinseio tape and athletic tape will be used to stabilize the pelvic lumbar spine and their effectiveness will be compared. So that the variables will be studied immediately after the kinseio tape and athletic tape.
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Razi University Sports Science Laboratory
Full name of responsible person
Pari Fadaei Dehcheshmeh
Street address
Pireghar, Farsan
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6714414874
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p.fadaei2018@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Razi University
Full name of responsible person
Farzad Vaysi
Street address
Bagh Aabrisham, Razi Uni
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Kermanshah
Province
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6714414874
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p.fadaei2018@gmail.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Razi University
Proportion provided by this source
10
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
Razi University
Full name of responsible person
Pari Fadaei
Position

Student

Latest degree

Master

Other areas of specialty/work

Sport injury/ Corrective Exercise

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

There is no further information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available