

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Comparison of The Effect of a period Wobble Board training with and without Cognitive intervention on balance, ankle proprioception, and some jump landing kinetic parameters of the active men with chronic ankle instability

Protocol summary

Study aim

Comparison of The effect of a period Wobble board training with and without Cognitive intervention on balance, ankle proprioception, and some jump landing kinetic parameters of the active men with chronic ankle instability

Design

The present study consisted of 21 active men with chronic ankle instability who were targeted (according to the Inclusion and exclusion criteria and using the FADI and FADI-S questionnaire and with the approval of a physician.) Are selected and randomly divided into three groups of 7: controls, Wobble board Exercises and Wobble board Exercises with Cognitive Intervention

Settings and conduct

21 patients with chronic ankle instability were randomly divided into 3 intervention and control groups. The two experimental groups performed their exercises for 5 weeks and 3 sessions per week by warming and cooling before and after exercise.

Participants/Inclusion and exclusion criteria

Inclusion criteria Active men between the ages of 18 and 25, BMI between 18 and 25, a history of at least 2 reports of giving way in the last 6 months, the last injury occurred more than 6 weeks before the start of the study, A history of at least one significant ankle lateral spray on one side that has caused pain and decreased function for more than a day. Exclusion criteria History of vestibular or neuro-musculoskeletal disorders, history of lower limb surgery, lower limb injury for at least 6 months prior to this study, having abnormalities Musculoskeletal system in the lower extremities such as flat feet, genu varum, physiotherapy or participation in physical rehabilitation in the last 3 months.

Intervention groups

Three groups of seven people wobble board exercises,

wobble board exercises with Cognitive intervention and control group

Main outcome variables

Balance, Ankle proprioception, and some jump landing kinetic parameters of the active men with chronic ankle instability

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200617047818N1**

Registration date: **2021-02-05, 1399/11/17**

Registration timing: **retrospective**

Last update: **2021-02-05, 1399/11/17**

Update count: **0**

Registration date

2021-02-05, 1399/11/17

Registrant information

Name

Abed Taghavi asl

Name of organization / entity

Kharazmi University

Country

Iran (Islamic Republic of)

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+98 74 4236 2769

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-12-10, 1399/09/20

Expected recruitment end date

2020-12-30, 1399/10/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of The Effect of a period Wobble Board training with and without Cognitive intervention on balance, ankle proprioception, and some jump landing kinetic parameters of the active men with chronic ankle instability

Public title

Comparison of The Effect of Wobble board training with and without Cognitive intervention on the active men with chronic ankle instability

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Active men between 18 and 25 years old. BMI is between 18 and 25. History of at least 2 reports of giving way in the last 6 months. The last injury occurred more than 6 weeks before the start of the study. Ability to bear weight on the injured limb. (Finally have a slight feeling of discomfort.) History of at least one significant ankle sprain on one side that has caused pain and decreased function for more than a day.

Exclusion criteria:

History of vestibular or neuro-musculoskeletal disorders. History of lower limb surgery. Lower limb injury for at least 6 months prior to this study. Use of medications that affect balance, such as betahistine and blood pressure and sedative medications. Having musculoskeletal abnormalities in the lower extremities such as flat feet, genu varum. physiotherapy or participating in physical rehabilitation in the past 3 months.

Age

From **18 years** old to **25 years** old

Gender

Male

Phase

N/A

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **21**

Randomization (investigator's opinion)

Randomized

Randomization description

Participants will be randomized into one of three groups (Two intervention and one control) using an online randomization system (randomizer.org). A member of the research team who is not involved in the selection of

samples will determine the randomization sequence using a computer program. Participants will be notified of their group allocation with a sealed envelope.

Blinding (investigator's opinion)

Single blinded

Blinding description

In this study, the outcome assessor is blind to the groups' randomization and interventions receiving by participants. In this way, during the evaluation before and after the intervention protocol, they do not make mistakes in their judgments in favor of a specific therapeutic intervention.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Kinesiology Research Center

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Keshvari Educational Sport Complex, South Razan Ave., Mirdamad Blvd.

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Approval date

2021-01-13, 1399/10/24

Ethics committee reference number

IR.SSRC.REC.1399.119

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

Chronic ankle instability

ICD-10 code

M25.37

ICD-10 code description

Other instability, ankle and foot

2**Description of health condition studied**

Athlete

ICD-10 code

Y93

ICD-10 code description

Activity codes

Primary outcomes

1

Description

Balance

Timepoint

Before the intervention and after the last intervention session.

Method of measurement

Dynamic balance with Y balance test and static balance with balance error scoring system.

2

Description

Ankle proprioception

Timepoint

Before the intervention and after the last intervention session.

Method of measurement

Subjects' ankles are evaluated using an isokinetic device in the reconstruction of two positions of 15 degrees of inversion and a maximum inversion of minus 5 degrees.

3

Description

Some jump landing kinetic parameters

Timepoint

Before the intervention and after the last intervention session.

Method of measurement

Ground reaction force information during jump-landing task is recorded using force plate (Kistler, Winterthor, Switzerland, 1000 Hz).

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: For 5 weeks, three sessions per week, 5 sets, each set 40 seconds, every 10 seconds to rotate alternately, one minute rest between each set, standing in three positions: standing, standing on non-engaged leg, and standing on foot Involved, wobble board exercises

Category

Rehabilitation

2

Description

Intervention group: For 5 weeks, three sessions per week, 5 sets, each set 40 seconds, every 10 seconds to rotate alternately, one minute rest between each set, standing in three positions: standing, standing on non-involved foot, and standing on foot Involved, wobble

board exercises with seven countdowns from a random number between 200 and 300

Category

Rehabilitation

3

Description

Control group: This group carries out its daily value activities.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Institute of Physical Education and Sports Sciences

Full name of responsible person

Abed Taghavi Asl

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

Vice-chancellor for Research and Technology

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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
Kharazmi University
Proportion provided by this source
30
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

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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

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

With the approval of the Supervisor, all information can be shared after being unidentified.

When the data will become available and for how long

6 months after publishing the results in the articles and obtaining permission from the relevant university

To whom data/document is available

There is no limit.

Under which criteria data/document could be used

There are no restrictions except for personal data.

From where data/document is obtainable

To the person in charge of this research, Mr. Abed Taghavi Asl

What processes are involved for a request to access data/document

Contact Mr. Abed Taghavi Asl and coordination with the

supervisor and the Department of Sports Pathology, Kharazmi University of Tehran, information can be provided.

Comments