

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Comparison effect of Mulligan tape and Kinesiotape on the neuromuscular control in response to unpredictable perturbation in patients with chronic ankle instability

Protocol summary

Study aim

Comparison of the effect of Mulligan type and Kinesio tape on neuromuscular control of ankle muscles in response to sudden disturbance in patients with chronic ankle instability

Design

A clinical trial with a control group, cross-over, randomized study. 23 patients are enrolled in the study. Each subject receives three treatments (control, Malignant type, and Kinesiotape), in a random order.

Settings and conduct

First, the evaluation is done and then the participants receive the treatment (control, malignant type, or Kinesio tape) for 24 hours. The assessment is then performed again, after which the participants receive other crossover treatments. Our study will be single-blind so that the data analysis will be done by another person. The study site will be in the school of Rehabilitation, Tehran University of Medical Sciences.

Participants/Inclusion and exclusion criteria

Inclusion criteria: 18 to 35 years old The initial sprain must have occurred at least 12 months before enrollment in the study At least 1 ankle sprain was associated with inflammatory symptoms Exclusion criteria: A history of previous surgery to the musculoskeletal structures in either lower extremity

Intervention groups

1. Kinesio tape group 2. Mulligan tape group 3. Control

Main outcome variables

Time of short and medium latency response The amplitude of short and medium latency response

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210224050481N1**

Registration date: **2021-07-03, 1400/04/12**

Registration timing: **registered_while_recruiting**

Last update: **2021-07-03, 1400/04/12**

Update count: **0**

Registration date

2021-07-03, 1400/04/12

Registrant information

Name

Roghaye Shadegani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 7729 8015

Email address

roghaye_h92@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-06-22, 1400/04/01

Expected recruitment end date

2021-10-22, 1400/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison effect of Mulligan tape and Kinesiotape on the neuromuscular control in response to unpredictable perturbation in patients with chronic ankle instability

Public title

Comparison effect of Mulligan tape and Kinesiotape in patients with chronic ankle instability

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

18 to 35 years old The initial sprain must have occurred at least 12months prior to the study enrollment At least 1 ankle sprain was associated with inflammatory symptoms Having "giving way" or "feeling of instability. At least 1 ankle sprain resulted in at least 1 interrupted day of desired physical activity The most recent injury must have occurred more than 3 months before enrollment in the study. Having unilateral ankle sprain

Exclusion criteria:

A history of previous surgery to the musculoskeletal structures in either lower extremity A history of fracture in either lower extremity requiring realignment Acute injury to the musculoskeletal structures of other joints of the lower extremity in the previous 3 months that affected joint integrity and function and resulted in at least 1 day of interrupted desired physical activity

Age

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

Gender

Both

Phase

N/A

Groups that have been masked

- Data analyser

Sample size

Target sample size: **23**

Randomization (investigator's opinion)

Randomized

Randomization description

Each subject receives all treatments (control, Malignant type, and Kinesiotape), in a random order. Simple randomization is done by sealed envelopes containing the treatment allocation.

Blinding (investigator's opinion)

Single blinded

Blinding description

Data collection will be done by the lead researcher and data analysis will be done by another person in order to be a single blind study.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Tehran University of Medical Sciences

Street address

District 12, Enghelab St, Pich-e-Shemiran. Tehran Town

City

Tehran

Province

Tehran

Postal code

1148956111

Approval date

2021-02-20, 1399/12/02

Ethics committee reference number

IR.TUMS.FNM.REC.1399.223

Health conditions studied

1

Description of health condition studied

Chronic Ankle Instability

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Time of short and medium latency response

Timepoint

Before and 24 hours after treatment

Method of measurement

The time of medium and short latency response will be calculated based on a Baseline-Based Method. Thus, the time of short latency response is considered as a moment that Electromyography (EMG) activity will higher than the mean value plus 3 standard deviations (SD) and must be above the threshold at least 10 ms. The time of medium latency response is considered as a moment that Electromyography (EMG) activity will higher than the mean value plus 3 standard deviations (SD) and Stay above the threshold at least 20 ms. The mean value was assessed in the first 20 ms after the beginning of the short latency response.

2

Description

Amplitude of short and medium latency response

Timepoint

Before and 24 hours after treatment

Method of measurement

The amplitude of medium and short latency response will be calculated based on a Root Mean Square. Two 20 millisecond (ms) windows were defined. The first window started at the onset of the short latency response and

the second window started 30 ms later after the onset of the short latency response. The 10 ms division between the two windows.

Secondary outcomes

1

Description

Antagonist co-activation during short and medium latency response

Timepoint

Before and 24 hours after treatment

Method of measurement

The Antagonist Co-activation for Peroneus and Tibialis Anterior Muscles The Antagonist Co-activation for Tibialis Anterior and soleus Muscles we will measure with formula

Intervention groups

1

Description

First intervention group (Kinesio Tape group)- The kinesio type is placed on the Proneus Langus and Brevis and the anterior tibialis muscles for 24 hours with a tension of 35% %-25% from the origin to insertion of the muscle.

Category

Rehabilitation

2

Description

Second intervention group (Mulligan tape)-A painless posterior, lateral and superior glide is applied to the fibula in the inferior tibiofibular joint and then the tip is closed around the ankle.

Category

Rehabilitation

3

Description

Control group (Without Tape)- In this group, the patient does not receive treatment.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

School of Rehabilitation

Full name of responsible person

Roghaye Shadegani

Street address

School of Rehabilitation, Pich-e-Shemiran, Enghelab St, Tehran,

City

Tehran

Province

Tehran

Postal code

1148956111

Phone

+98 21 7753 5132

Email

rehabilitation@tums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Dr Roya Khanmohammadi

Street address

Rehabilitation school, Pich-e-Sheimiran, Enghelab St, Tehran

City

Tehran

Province

Tehran

Postal code

1148956111

Phone

+98 21 7753 5132

Email

rehabilitation@tums.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Tehran University of Medical Sciences

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

Person responsible for general inquiries

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Roghaye Shadegani

Position

Master student

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

Street address

No. 29, West 198 St, Bagheri Highway, Tehranpars

City

Tehran

Province

Tehran

Postal code

1686937411

Phone

+98 21 7729 8015

Email

Roghaye_h92@yahoo.com

Person responsible for scientific inquiries**Contact****Name of organization / entity**

Tehran University of Medical Sciences

Full name of responsible person

Roghaye Shadegani

Position

Master student

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

Street address

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Email

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Person responsible for updating data**Contact****Name of organization / entity**

Tehran University of Medical Sciences

Full name of responsible person

Roghaye Shadegani

Position

Master student

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Physiotherapy

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Email

Roghaye_h92@yahoo.com

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