Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effects of Kinesiology taping with conventional rehabilitation program on lower extremity function and disability in athletes with chronic ankle instability

Protocol summary

Study aim
The aim of the study is to examine the effects of conventional rehabilitation program with and without Kinesiology taping for athletes with chronic ankle instability.

Design
Randomized controlled trial a single blinded study

Settings and conduct
Pakistan Sports Board, Lahore

Participants/Inclusion and exclusion criteria
Inclusion Criteria: Participants with 18 to 40 years of age, Both genders, History of unilateral ankle sprain for at least once, History of ankle sprain which last for more than 3 months, Ankle weakness, pain ,Hop test positive on examination. Exclusion Criteria: History of ankle fracture, History of balance disorders, Any previous surgery of lower extremity, History of other musculoskeletal injuries.

Intervention groups
Group A: Group A will receive conventional rehabilitation program along with KT Taping. Ultrasound therapy will be given prior to the treatment as a baseline intervention. Group B: Group B will only receive conventional rehabilitation program. Ultrasound therapy will be given prior to the treatment as a baseline intervention.

Main outcome variables
Lower Extremity Functional Scale, The Foot and Ankle Disability (FADI) Score.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20210518051338N1**
Registration date: **2021-06-23, 1400/04/02**
Registration timing: **retrospective**

Last update: **2021-06-23, 1400/04/02**
Update count: **0**

Registration date
2021-06-23, 1400/04/02

Registrant information

Name
Yusra Arif

Name of organization / entity
Riphah International University Lahore

Country
Pakistan

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+92 42 32216854

Email address
yusra.arif.786@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2021-01-05, 1399/10/16

Expected recruitment end date
2021-06-05, 1400/03/15

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effects of Kinesiology taping with conventional rehabilitation program on lower extremity function and disability in athletes with chronic ankle instability

Public title

Effects of Kinesiology taping with conventional rehabilitation program on lower extremity function and disability in athletes with chronic ankle instability

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Participants with 18 to 40 years of age Both genders History of ankle sprain which last for more than 3 months Ankle weakness, pain Hop test positive History of unilateral ankle sprain for at least once

Exclusion criteria:
History of ankle fracture History of balance disorders Any previous surgery of lower extremity History of other musculoskeletal injuries

Age
From **18 years** old to **40 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Outcome assessor

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
The subjects fulfilling the inclusion criteria will be enrolled after independent outcome assessor then, fish bowl method will be used for randomization. We simply write the names of all the members in a small-rolled piece of papers, then place it in a fish bowl. The subject's randomization method reduces the chances of bias group allocation.

Blinding (investigator's opinion)
Single blinded

Blinding description
The study would be single blinded as assessor of the study will be kept blind of the treatment group to which the patient will be allocated.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Research & Ethical Review Committee, Riphah College of Rehab. & Allied Health Sciences.

Street address
653-E1, Johar Town, Lahore.

City
Lahore

Postal code
54000

Approval date
2021-06-07, 1400/03/17

Ethics committee reference number
REC/RCR & AHS/21/0403

Health conditions studied

1

Description of health condition studied
Foot & Ankle Disability

ICD-10 code
M25.879

ICD-10 code description
Other specified joint disorders, unspecified ankle and foot

Primary outcomes

1

Description
Foot & Ankle Disability

Timepoint
Before treatment and then on 4th week

Method of measurement
Foot and Ankle Disability Index (FADI) Score

2

Description
Lower Extremity Function

Timepoint
Before treatment and then on 4th week

Method of measurement
Lower Extremity Function Scale (LEFS)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: This group will get kinesiology taping done along the lateral side of the foot and around the back of the heel, this will be placed for a day. Prior to the treatment ultrasound therapy will be given for 10 minutes, after the end of the treatment participants will be advised to perform ankle active range of motion exercises, strengthening exercises with resistance bands, balance and coordination exercises(single leg stance exercise, static balance exercises) and then functional exercises(running, stair climbing). These exercises will be performed with 10 repetitions.

Treatment will be given for 4 weeks (three sessions per week on alternative days)

Category

Rehabilitation

2

Description

Control group: This group will receive ultrasound therapy in the start of the treatment for 10 minutes. at the end of the treatment participants will be advised to perform ankle active range of motion exercises, strengthening exercises with resistance bands, balance and coordination exercises(single leg stance exercise, static balance exercises) and then functional exercises(running, stair climbing). These exercises will be performed with 10 repetitions. Treatment will be given for 4 weeks (three sessions per week on alternative days)

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Pakistan Sports Board, Lahore.

Full name of responsible person
Nasarullah Rana

Street address
Pakistan Sports Board, Lahore

City
Lahore

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54000

Phone
+92 42 35184486

Email
Comeontrack@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Riphah International University, Lahore

Full name of responsible person
Yusra Arif

Street address
Madar-e-Millat Road, Quaid-e-Azam Industrial Estate
Quaid e Azam Industrial Estate, Lahore, Punjab

City
Lahore

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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

Riphah International University, Lahore

Proportion provided by this source

100

Public or private sector

Private

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
Riphah International University

Full name of responsible person
Tasneem shehzadi

Position
Senior Lecturer

Latest degree
Master

Other areas of specialty/work
Physiotherapy

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Person responsible for scientific inquiries

Contact

Name of organization / entity
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Full name of responsible person
Tasneem Shehzadi

Position
Senior Lecturer

Latest degree
Master

Other areas of specialty/work
Physiotherapy

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Person responsible for updating data

Contact

Name of organization / entity
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Full name of responsible person
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Position
Post-graduate student

Latest degree
Bachelor

Other areas of specialty/work
Physiotherapy

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is 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
Yes - There is a plan to make this available

Analytic Code
Yes - There is a plan to make this available

Data Dictionary
Yes - There is a plan to make this available

Title and more details about the data/document
Effects of Kinesiology Taping with Conventional Rehabilitation Program on Lower Extremity Function and Disability in Athletes with Chronic Ankle Instability

When the data will become available and for how long
After Publication

To whom data/document is available
people working in academic institutions and researchers

Under which criteria data/document could be used
on permission from investigator

From where data/document is obtainable
Through email to Investigator yusra.arif.786@gmail.com

What processes are involved for a request to access data/document
Through email to Investigator yusra.arif.786@gmail.com

Comments