

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

11 Sep 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

###### Phone

+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

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+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

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Lahore

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54000

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+92 42 35184486

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yusra.arif.786@gmail.com

**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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Madar-e-Millat Road, Quaid-e-Azam Industrial Estate

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tasneem.shehzadi@riphah.edu.pk

**Person responsible for scientific inquiries**

**Contact**

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**Full name of responsible person**

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**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**  
Riphah International University, Lahore  
**Full name of responsible person**  
Yusra Arif  
**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