

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Study of effect and persistence of six weeks of wobble board training and kinesiotape on joint position sense, lower extremity function and balance in athletes with functional ankle instability

Protocol summary

Study aim

Study of effect and persistence of six weeks of wobble board training and kinesiotape on joint position sense, lower extremity function and balance in athletes with functional ankle instability

Design

36 female athletes with functional ankle instability divided into two experimental and one control groups. The simple randomization method was used to assign individuals to two groups that in this method, random allocation software was used to create a random sequence.

Settings and conduct

The present study is a quasi-experimental research with a pre-test post-test design and follow up with two experimental group and a one control group. 36 Female Athletes with Functional Ankle Instability randomly divided into two experimental and one control groups. Position sense, lower extremity function and balance are measured before and after and one month after stopping exercises.

Participants/Inclusion and exclusion criteria

Female athletes in the age range of 20 to 30 years old; history of at least one ankle inversion injury in the last two years; ability to bear body weight; normal gait and full range of motion in the ankle joint

Intervention groups

First Intervention Group Includes Female Athletes with Functional Ankle Instability who Receive Wobble Board Training. The Second Intervention Group Includes Female Athletes with Functional Ankle Instability who Receive Kinesiotape. The Control Group Includes Female Athletes with Functional Ankle Instability who did not Receive any Intervention.

Main outcome variables

Position sense; lower extremity function; balance

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200107046035N6**

Registration date: **2021-11-03, 1400/08/12**

Registration timing: **prospective**

Last update: **2021-11-03, 1400/08/12**

Update count: **0**

Registration date

2021-11-03, 1400/08/12

Registrant information

Name

Hossein Shahrokhi

Name of organization / entity

Hakim Sabzevari University

Country

Iran (Islamic Republic of)

Phone

+98 51 4401 2756

Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-11-06, 1400/08/15

Expected recruitment end date

2022-01-21, 1400/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty	
Scientific title	Study of effect and persistence of six weeks of wobble board training and kinesiotape on joint position sense, lower extremity function and balance in athletes with functional ankle instability
Public title	Effect of six weeks of wobble board training and kinesiotape on joint position sense, lower extremity function and balance
Purpose	Treatment
Inclusion/Exclusion criteria	Inclusion criteria: Female athletes in the age range of 20 to 30 years old A history of at least one ankle inversion injury in the last two years Ability to bear body weight Normal gait and full range of motion in the ankle joint Exclusion criteria: History of lower extremity injury History of lower extremity surgery Balance disorders Participate in a rehabilitation program for the past six months
Age	From 20 years old to 30 years old
Gender	Female
Phase	N/A
Groups that have been masked	No information
Sample size	Target sample size: 36
Randomization (investigator's opinion)	Randomized
Randomization description	The simple Randomization Method was used to assign individuals to three groups that in this method, Random Allocation Software was used to create a random sequence. Then, in order not to determine which group the individuals will be assigned to before dividing them into two groups, or in other words, allocation concealment, the central randomization method was used.
Blinding (investigator's opinion)	Not blinded
Blinding description	
Placebo	Not used
Assignment	Parallel
Other design features	
Secondary Ids	empty
Ethics committees	

<u>1</u>	Ethics committee Name of ethics committee Sport Sciences Research Institute Street address No. 3, 5th Alley, Miremad Street, Motahhari Street, Tehran, Iran. City Tehran Province Tehran Postal code 1587958711 Approval date 2021-07-20, 1400/04/29 Ethics committee reference number IR.SSRC.REC.1400.073
Health conditions studied	
<u>1</u>	Description of health condition studied Functional Ankle Instability ICD-10 code M25.3 ICD-10 code description Other instability of joint
Primary outcomes	
<u>1</u>	Description Joint Position Sense Timepoint At the beginning of the study (before the start of the intervention) and after 6 weeks of intervention and One Month After Stopping Training Method of measurement Ankle Proprioception Goniometer
<u>2</u>	Description Lower Extremity Function Timepoint At the beginning of the study (before the start of the intervention) and after 6 weeks of intervention and One Month After Stopping Training Method of measurement Foot and Ankle Ability Measure Scale
<u>3</u>	Description Balance Timepoint At the beginning of the study (before the start of the intervention) and after 6 weeks of intervention and One Month After Stopping Training Method of measurement

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: Wobble Board Training for 6 weeks, 3 sessions per week, 2 hour per session

Category

Treatment - Other

2**Description**

Intervention group: Kinesiotape for 6 weeks, 3 sessions per week, 2 hour per session

Category

Treatment - Other

3**Description**

Control group: Without any training and just doing normal daily activities

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Raja University

Full name of responsible person

Zeynab Aligoli

Street address

Novrizian, Motahhari blvd.

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Qazvin

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95834-34148

Phone

+98 28 3367 7101

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z.aligoli2019@gmail.com

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Raja university

Full name of responsible person

Hadi Miri

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Novrizian, Motahhari bolv

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hd.miri@gmail.com

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Raja university

Proportion provided by this source

5

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**

Persons

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

Hakim Sabzevari University

Full name of responsible person

Hossein Shahrokhi

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Corrective Exercise

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Hakim Sabzevari University - Tohidshahr - Sabzevar

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Person responsible for scientific inquiries**Contact**

Name of organization / entity

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Full name of responsible person

Hossein Shahrokhi

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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

All potential data can be shared after people have not been identified

When the data will become available and for how long

Start the access period one year after printing the results

To whom data/document is available

Data will be available to academic and scientific researchers

Under which criteria data/document could be used

Any kind of functional analysis on the submitted data is allowed

From where data/document is obtainable

by Email: h.shahrokhi@hsu.ac.ir

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

by Email: h.shahrokhi@hsu.ac.ir and the reason for using the documents

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

Hakin Sabzevari University

Full name of responsible person

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Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Corrective Exercise

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