

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

Comparison of the Efficacy of Kinesio Tape and Massage Therapy on Balance and Ankle Rang of Motion in Dipelgia Cerebral Palsy Children

Protocol summary

Study aim

Comparison of the Efficacy of Kinesio Tape and Massage Therapy on Balance and Ankle Rang of Motion in Diplegia Cerebral Palsy Children

Design

A clinical trial with a control group and Parallel groups
Experimental research, pre-test and post-test with separate groups

Settings and conduct

It is done in the rehabilitation clinics of Kermanshah.
Intervention is applied to each intervention group for 8 weeks. In the massage group, participants receive a deep tissue massage for 30 minutes each session. The kensiotype group applied kensiotype one day a week, kept the kensiotype on the position (target muscle) for 4 days, then removed it and rested the muscle for 3 days.

Participants/Inclusion and exclusion criteria

Entry requirements: Participants aged 18 or younger who are diagnosed with Cerebral palsy. The age of the participants should not be less than 4 years, because, for the initial measurements, it is necessary for the person to actively participate and understand the interventionist's intention. All the people must be spastic diplegia because the balance of hemiplegia is different from diplegia. Children with cerebral palsy without acute mental and physical problems. Non-entry conditions: Caregivers who do not bring their children to the rehabilitation clinic regularly.

Intervention groups

In the first group, massage therapy with deep tissue technique is applied to release the muscles from spasms and cramps in the patient's leg muscles. The control group only takes their treatment routine, which is 2 occupational therapy sessions per week.

Main outcome variables

Balance; ankle range of motion

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20231108059995N1**

Registration date: **2024-02-08, 1402/11/19**

Registration timing: **prospective**

Last update: **2024-02-08, 1402/11/19**

Update count: **0**

Registration date

2024-02-08, 1402/11/19

Registrant information

Name

Shahla Hasheminezhad

Name of organization / entity

Islamic Azad University Kermanshah Branch

Country

Iran (Islamic Republic of)

Phone

+98 83 3839 6725

Email address

shahlahasheminezhad1993@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-04-08, 1403/01/20

Expected recruitment end date

2024-06-09, 1403/03/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the Efficacy of Kinesio Tape and Massage Therapy on Balance and Ankle Rang of Motion in Dipelgia Cerebral Palsy Children

Public title

Comparison of the Efficacy of Kinesio Tape and Massage Therapy on Balance and Ankle Rang of Motion in Cerebral Palsy Children

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Participants 18 years of age or younger who have been diagnosed with cerebral palsy. Children with cerebral palsy without acute mental and physical problems. They understand the intention of the intervening person and can make an active move. All the people must be spastic diplegia because the balance of hemiplegia is different from diplegia. The age of the participants should not be less than 4 years, because, for the initial measurements, it is necessary for the person to actively participate and understand the interventionist's intention.

Exclusion criteria:

Caregivers who do not bring their children to the rehabilitation clinic regularly.

Age

From **4 years** old to **16 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Islamic Azad University Kermanshah Branch

Street address

Imam Khomeini Campus, Islamic Azad University, Farhikhtegan Bld., Shahid J'afari St., Kermanshah,

Iran.

City

kermanshah

Province

Kermanshah

Postal code

6718997551

Approval date

2023-12-02, 1402/09/11

Ethics committee reference number

IR.IAU.KSH.REC.1402.083

Health conditions studied

1

Description of health condition studied

Spastic diplegic cerebral palsy

ICD-10 code

G80.1

ICD-10 code description

Spastic diplegic cerebral palsy

Primary outcomes

1

Description

The balance score in berg test

Timepoint

before the start of the intervention and 8 weeks after the intervention (completion)

Method of measurement

Berg Balance Scale

2

Description

Degree of range of motion of the ankle with a goniometer

Timepoint

before the start of the intervention and 8 weeks after the intervention (completion)

Method of measurement

Goniometer

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group:The first intervention group: massage therapy group The calf muscles are massaged three days a week for two months using special massage oil. The deep tissue massage technique is applied with prolonged deep pressure for 30 minutes. Plus, occupational therapy is conducted two days a week for two months.

Category

Rehabilitation

2

Description

Intervention group: The second intervention group: the kinesio tape group. The Kinesio tape is placed on the leg muscles one day a week; plus, an inhibitory technique is employed to relieve muscle spasms and increase the ankle's range of motion. The tape is kept on the leg muscles for four days and then removed so the muscle rests for three days. It is repeated once a week for 2 months. In addition, occupational therapy is conducted two days a week for two months.

Category

Rehabilitation

3

Description

Control group: Only occupational therapy sessions are conducted two days a week for eight weeks. They understand the intention of the intervening person and can make an active move. Children with cerebral palsy without acute mental and physical problems. Participants aged 18 or younger who are diagnosed with Cerebral palsy. Caregivers who do not bring their children to the rehabilitation clinic regularly.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Saei Rehabilitation Clinic

Full name of responsible person

Ms. Roshanak Najafi

Street address

Parsian Sweet Shop Alley, Corner of Sixth Alley,
Mustafa Emami Blvd, Goletan, Kermanshah

City

Kermanshah

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2

Recruitment center

Name of recruitment center

Iran Zemin Rehabilitation Center

Full name of responsible person

Farshad Zari

Street address

The first alley on the left, Nasteran St. (Shahid De

Haghi), Motahari intersection, Maskan, Kermanshah

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Phone

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Shahla Hasheminezhad

Street address

y, 16 meter Ave, Shahid Najafi town, Elahia,
Kermanshah, Iran

City

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Province

Kermanshah

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6719687169

Phone

+98 930 918 1219

Email

shahlahasheminezhad1993@gmail.com

Grant name

Grant code / Reference number

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

No

Title of funding source

Islamic Azad University

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

Persons

Person responsible for general inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Shahla Hasheminezhad

Position

Sport rehabilitation coach

Latest degree

Bachelor

Other areas of specialty/work

physical education and sports sciences

Street address

1st Floor, No. 8, Second Mehr Alley ,16 meter Ave,
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Person responsible for scientific inquiries**Contact****Name of organization / entity**

Islamic Azad University

Full name of responsible person

Shahla Hasheminezhad

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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

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