Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effect of kinesiotaping on knee joint position sense after anterior cruciate ligament reconstruction

Protocol summary

Summary

Abstract: The main objective of this study is to determine the effect of kinesiotaping on knee joint position sense in patients with ACL reconstruction. We will recruit 20 professional soccer players with 20 to 30 years old whom had unilateral ACL reconstruction surgery, four months or more since the surgery, no knee pain at rest, having full knee range of motion. We will exclude cases with neurological disease, sprain of other knee ligaments, bilateral ACL sprains and instabilities of the knee. The knee joint position sense of both knees will be measured before and after using kinesiotape by a digital Goniometer. Position sense tests will be performed in two positions (sitting and standing) for 60, 30, and 15 degrees of knee flexion. Position sense testing will be begun once from full knee extension to 90 degree of flexion, then from 90 degree of knee flexion to full extension. Tape will be used from tibial tuberosity to the lower third of the thigh antero laterally and antero medially. The tension of the tape is set at 60% of maximum possible stretch and knee is placed at 30 degrees of flexion. The amount of error in the repositioning of knee flexion angles will be recorded.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201306227057N2**
Registration date: **2013-09-22, 1392/06/31**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2013-09-22, 1392/06/31

Registrant information

Name

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Tehran University of Medical Sciences

Expected recruitment start date

2013-08-15, 1392/05/24

Expected recruitment end date

2014-03-01, 1392/12/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of kinesiotaping on knee joint position sense after anterior cruciate ligament reconstruction

Public title

Effect of kinesiotaping on postural control

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Professional soccers with anterior cruciate ligament reconstruction on the right dominant limb after more than 4 months of surgery, no knee pain at rest, having a full range of knee extension and flexion,

not giving way in the knee, walk without any assistive device, written informed consent to participate in the study. Exclusion criteria: Neurological disease, sprain of other knee ligaments, bilateral ACL sprains, instability or pain at rest in the knee, sprain on nondominant or left dominant limb.

Age
From **20 years** old to **30 years** old

Gender
Male

Phase
1

Groups that have been masked
No information

Sample size
Target sample size: **20**

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Single

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
Ghods St., Keshavarz Blvd.,

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Tehran

Postal code

Approval date
2013-07-29, 1392/05/07

Ethics committee reference number
92-01-32-20585-88397

Health conditions studied

1

Description of health condition studied
Patients with anterior cruciate ligament reconstruction

ICD-10 code
M23, 583.

ICD-10 code description
Patients with anterior cruciate ligament reconstruction

Primary outcomes

1

Description
Knee joint position sense

Timepoint
During knee flexion in nonweight bearing position, before and after taping

Method of measurement
Digital goniometer

2

Description
Knee joint position sense

Timepoint
During knee flexion in weight bearing position, before and after taping

Method of measurement
Digital goniometer

3

Description
Knee joint position sense

Timepoint
During knee extension in weight bearing position, before and after taping

Method of measurement
Digital goniometer

4

Description
Knee joint position sense

Timepoint
During knee extension in nonweight bearing position, before and after taping

Method of measurement
Digital goniometer

Secondary outcomes

empty

Intervention groups

1

Description
Using of tape on the anterior knee and distal of the thigh.

Category
Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Physical therapy clinic.

Full name of responsible person
Gholamreza Pahnabi Solaimanmahalleh
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice research of School of Rehabilitation,
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice research of School of Rehabilitation,
Proportion provided by this source
100
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty

Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty