

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Immediate Effect of Kinesio Taping on Dynamic Balance and Functional Performance Following Fatigue in Athletes with Chronic Ankle Instability

#### Protocol summary

Registration timing: **prospective**

#### Study aim

Immediate Effect of Kinesiotaping on Dynamic Balance and Functional Performance Following Fatigue in Athletes with Chronic Ankle Instability

Last update: **2024-03-12, 1402/12/22**

Update count: **0**

#### Registration date

2024-03-12, 1402/12/22

#### Design

The current research is a single-blinded randomized clinical trial.

#### Registrant information

##### Name

Saeideh Monjezi

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 61 3333 6342

##### Email address

monjezi.s@ajums.ac.ir

#### Settings and conduct

This study will be conducted in the rehabilitation research center, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran. Included participants will have warm up for 10 minutes. Then, the main stages of the study, which include pre-test evaluation, fatigue protocol implementation, re-evaluation, tipping in the intervention group and post-test evaluation, will be performed.

#### Recruitment status

**Recruitment complete**

#### Funding source

#### Participants/Inclusion and exclusion criteria

Inclusion criteria include age 18-38 years; history of at least one ankle sprain in last 6 to 12 months and at least two giving way; Cumberland ankle instability score lower or equal to 24; Tegner activity level above 7. Exclusion criteria include history of ankle fracture or surgery; history of acute knee and ankle injury in the last three months; current participation in the rehabilitation program; allergy to the kinesiotape

#### Expected recruitment start date

2024-04-02, 1403/01/14

#### Expected recruitment end date

2024-07-04, 1403/04/14

#### Intervention groups

The intervention group (Kinsiotape) will received ankle balance taping that includes 4 bands with 50% tension. The control group will have no intervention.

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Main outcome variables

Y balance test to assess dynamic balance and side hop test to assess functional performance

#### Trial completion date

empty

#### General information

#### Scientific title

Immediate Effect of Kinesio Taping on Dynamic Balance and Functional Performance Following Fatigue in Athletes with Chronic Ankle Instability

#### Reason for update

#### Acronym

#### IRCT registration information

IRCT registration number: **IRCT20240121060746N1**

Registration date: **2024-03-12, 1402/12/22**

#### Public title

Immediate Effect of Kinesio Taping on Dynamic Balance and Functional Performance Following Fatigue in Athletes

with Chronic Ankle Instability

### **Purpose**

Treatment

### **Inclusion/Exclusion criteria**

#### **Inclusion criteria:**

Age between 18 to 38 years History of at least 1 ankle sprain in the last 6 to 12 months and at least 2 ankle sprains Cumberland Ankle Instability Questionnaire score lower or equal to 24 Tegner activity scoring scale level above 7

#### **Exclusion criteria:**

History of fracture or surgery in ankle History of acute injury in knee or ankle in past 3 months Current participation in rehabilitation program Allergy to kinsiotape

### **Age**

From **18 years** old to **38 years** old

### **Gender**

Male

### **Phase**

N/A

### **Groups that have been masked**

- Outcome assessor

### **Sample size**

Target sample size: **34**

### **Randomization (investigator's opinion)**

Randomized

### **Randomization description**

After completing the pre-test evaluations, people are divided into two intervention groups (Kinesio tape) and control (without type) using the Stratified Permuted Block randomization method. A randomization software will be used to generate random blocks. The blocks will be hidden by the opaque envelope. To minimize the selection bias and to ensure the concealment of the allocation of people in the groups. The randomization process will be performed by a person who does not participate in any other research stages.

### **Blinding (investigator's opinion)**

Single blinded

### **Blinding description**

The evaluation of the participants will be performed by a physiotherapist who is blinded to group allocation.

### **Placebo**

Not used

### **Assignment**

Parallel

### **Other design features**

## **Secondary Ids**

empty

## **Ethics committees**

### **1**

#### **Ethics committee**

##### **Name of ethics committee**

Ahvaz Jundishapur University of Medical Sciences.

### **Street address**

Ground floor, Vice Chancellor for Research and Technology, Ahvaz Jundishapur University of Medical Science, Esfand street, Golestan

### **City**

Ahvaz

### **Province**

Khouzestan

### **Postal code**

6135715794

### **Approval date**

2023-10-27, 1402/08/05

### **Ethics committee reference number**

IR.AJUMS.REC.1402.396

## **Health conditions studied**

### **1**

#### **Description of health condition studied**

Athletes with Chronic Ankle Instability

#### **ICD-10 code**

S93.4

#### **ICD-10 code description**

Sprain of ankle

## **Primary outcomes**

### **1**

#### **Description**

Dynamic balance

#### **Timepoint**

Before intervention, after fatigue, after intervention (tape or no tape)

#### **Method of measurement**

The distance reached in Y balance test will be measured.

### **2**

#### **Description**

Functional performance

#### **Timepoint**

Before intervention, after fatigue, after intervention (tape or no tape)

#### **Method of measurement**

The time to complete the side hop test will be recorded.

## **Secondary outcomes**

empty

## **Intervention groups**

### **1**

#### **Description**

Intervention group: Ankle balance taping will be performed using 4 tapes with 50 percents tension. Post-assessment will be performed immediately after kinesiotaping.

#### **Category**

Rehabilitation

## 2

### Description

Control group: no intervention will be received.

### Category

N/A

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Rehabilitation Research Center, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran

##### Full name of responsible person

Saeide Monjezi

##### Street address

Rehabilitation Research Center, School of Rehabilitation Sciences, Ahvaz Jundishapur University of Medical Sciences, Esfand street, Golestan, Ahvaz

##### City

Ahvaz

##### Province

Khuzestan

##### Postal code

6135715794

##### Phone

+98 61 3573 3133

##### Email

saeideh.monjezi@yahoo.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Ahvaz University of Medical Sciences

##### Full name of responsible person

Mehrnoush Zakerkish

##### Street address

Vice Chancellor for Research and Technology, Ahvaz Jundishapur University of Medical Science, Esfand street, Golestan

##### City

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##### Province

Khuzestan

##### Postal code

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##### Phone

+98 61 3374 3101

##### Email

itc@ajums.ac.ir

##### Grant name

##### Grant code / Reference number

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

Yes

### Title of funding source

Ahvaz University of Medical Sciences

### Proportion provided by this source

100

### Public or private sector

Public

### 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

Ahvaz University of Medical Sciences

#### Full name of responsible person

Saeide Monjezi

#### Position

Assistance professor

#### Latest degree

Ph.D.

#### Other areas of specialty/work

Physiotherapy

#### Street address

School of Rehabilitation Sciences, Ahvaz Jundishapur University of Medical Sciences, Esfand street, Golestan, Ahvaz

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#### Province

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## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

Ahvaz University of Medical Sciences

#### Full name of responsible person

Saeideh Monjezi

#### Position

Assistant professor

#### Latest degree

Ph.D.

#### Other areas of specialty/work

Physiotherapy

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

Ahvaz University of Medical Sciences

**Full name of responsible person**

Saeide Monjezi

**Position**

assistant professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

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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**

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**

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**

Yes - There is a plan to make this available

**Title and more details about the data/document**

Immediate Effect of Kinesio Taping on Dynamic Balance and Functional Performance Following Fatigue in Athletes with Chronic Ankle Instability . Most of the data is shareable

**When the data will become available and for how long**

Start of access date from 1403

**To whom data/document is available**

Data will be available to physiotherapists

**Under which criteria data/document could be used**

physiotherapists

**From where data/document is obtainable**

Applicants can contact the following email address for more information : amirkazemkhani191277@gmail.com

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

After authentication and in P.Rett confirmation of people involved in the study the person can get the information

**Comments**