Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

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

Protocol summary

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

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

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.

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; Tagner 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

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.

Main outcome variables
Y balance test to assess dynamic balance and side hop test to assess functional performance

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20240121060746N1**
Registration date: **2024-03-12, 1402/12/22**
Registration timing: **prospective**

Last update: **2024-03-12, 1402/12/22**
Update count: **0**

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

Registrant information
Name
Saeideh Monjezi
Name of organization / entity
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Iran (Islamic Republic of)
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+98 61 3333 6342
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2024-04-02, 1403/01/14

Expected recruitment end date
2024-07-04, 1403/04/14

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

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

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
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Rehabilitation Research Center, School of Rehabilitation Sciences, Ahvaz Jundishapur University of Medical Sciences, Esfand street, Golestan, Ahvaz
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
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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
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
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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