

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of supervised rehabilitation on gait symmetry and regularity after acute ankle sprain

Protocol summary

Study aim

Determining the effect of supervised rehabilitation on gait symmetry and regularity after acute ankle sprain

Design

This study is a quasi-experimental clinical trial.

Settings and conduct

This study will be conducted on 16 patients with acute ankle sprain. This is a quasi-experimental clinical trial with a pre-post design; therefore, randomization or blinding is not possible in this study.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Patients aged between 18 and 50 years, Patients with Grade 1 or 2 ankle sprain, Patients with an acute ankle sprain, meaning the injury occurred between 7 days and 1 month ago, Presence of symptoms such as swelling or pain on the lateral side of the ankle, limited ankle range of motion, and tenderness over the lateral ligaments, Minimum literacy level, with the ability to read and write at least at a middle school level

Intervention groups

The intervention group will receive 10 supervised ankle rehabilitation sessions. Each intervention session, which includes electrotherapy and therapeutic exercises, will last between 1.5 to 2 hours. Overall, the therapeutic exercises will include strengthening, neuromuscular, range of motion, and balance exercises. The duration of electrotherapy in each session will be between 15 to 30 minutes, using TENS (Transcutaneous Electrical Nerve Stimulation). Strengthening exercises for the muscles around the ankle will be performed using resistance bands of varying levels. Balance and proprioception exercises will be conducted using a balance board and other related equipment.

Main outcome variables

step regularity; stride regularity; gait symmetry

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20250503065584N1**

Registration date: **2025-08-07, 1404/05/16**

Registration timing: **prospective**

Last update: **2025-08-07, 1404/05/16**

Update count: **0**

Registration date

2025-08-07, 1404/05/16

Registrant information

Name

Melika Shameli

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

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Email address

shamelimelika@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-08-22, 1404/05/31

Expected recruitment end date

2025-11-21, 1404/08/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of supervised rehabilitation on gait symmetry and regularity after acute ankle sprain

Public title

The effect of rehabilitation on gait symmetry and regularity

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Patients aged between 18 and 50 years Patients with Grade 1 or 2 ankle sprain Patients with an acute ankle sprain, meaning the injury occurred between 7 days and 1 month ago Presence of symptoms such as swelling or pain on the lateral side of the ankle, limited ankle range of motion, and tenderness over the lateral ligaments Minimum literacy level, with the ability to read and write at least at a middle school level

Exclusion criteria:

Patients with syndesmotic injury in addition to the ankle sprain. Patients with a history of surgery or fracture in the lower limbs within the past year. Patients who had sustained an acute injury to the musculoskeletal structures of other lower limb joints within the past three months that affected joint integrity and function—such as a sprain or fracture—and had missed at least one day of their usual physical activity. Patients with neurological disorders such as stroke, multiple sclerosis (MS), or neuropathy. Individuals who had experienced an ankle sprain within the past 12 months. In the treatment of ankle sprains, initial protection is typically provided for one to two weeks, followed by the use of bandages or tape, which does not interfere with our study. However, patients using foot or ankle orthoses were excluded from the study.

Age

From **18 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **32**

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 Iran University of Medical Sciences

Street address

Deputy of Research and Technology, Central Headquarters Building, Iran University of Medical Sciences, Hemmat Expressway, next to Milad Tower, Tehran, Iran

City

Tehran

Province

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Postal code

1449614535

Approval date

2025-05-14, 1404/02/24

Ethics committee reference number

IR.IUMS.REC.1404.159

Health conditions studied

1

Description of health condition studied

acute ankle sprain

ICD-10 code

S93.4

ICD-10 code description

Sprain of ankle

Primary outcomes

1

Description

Step regularity based on trunk acceleration

Timepoint

Before the intervention and immediately after the tenth session of supervised ankle rehabilitation.

Method of measurement

The Phyphox software installed on the mobile phone

2

Description

Stride regularity based on trunk acceleration

Timepoint

Before the intervention and immediately after the tenth session of supervised ankle rehabilitation.

Method of measurement

The Phyphox software installed on the mobile phone

3

Description

Gait symmetry based on trunk acceleration

Timepoint

Before the intervention and immediately after the tenth session of supervised ankle rehabilitation.

Method of measurement

The Phyphox software installed on the mobile phone

Secondary outcomes

empty

Intervention groups

1

Description

Intervention Group: In this study, the intervention consists of supervised ankle rehabilitation. Supervised ankle rehabilitation refers to the use of electrotherapy and exercise therapy based on current guidelines. The rehabilitation program will be conducted over 10 sessions (approximately 3 sessions per week). The duration of electrotherapy in each session will range from 15 to 30 minutes (using TENS current). Each intervention session, which includes both electrotherapy and exercise therapy, will last between 1.5 to 2 hours. In general, the exercise therapy includes strengthening, neuromuscular, range of motion, and balance exercises. Strengthening exercises for the muscles surrounding the ankle will be performed using resistance bands of varying levels. Balance and proprioception training will be carried out using a balance board and other equipment.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Akhtar hospital

Full name of responsible person

Melika Shameli

Street address

Akhter Advanced Subspecialty Orthopedic Center, Azar Dead End, Sharifi Manesh Street, Pol-e Roomi Street, Shariati Street, Tehran, Iran

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2

Recruitment center

Name of recruitment center

School of Rehabilitation, Iran University of Medical Sciences

Full name of responsible person

Melika Shameli

Street address

School of Rehabilitation Sciences, Madadkaran Street, Shah Nazari Street, Madar Square, Mirdamad, Tehran, Iran

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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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

Iran 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

Iran University of Medical Sciences

Full name of responsible person

Melika Shameli

Position

Master's student in Physiotherapy

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries

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Full name of responsible person

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Latest degree

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Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

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Position

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Latest degree

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Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

We do not have ethical approval for this purpose.

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not 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

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available