Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effects of Core Stability Training on performance,Pain and Balance in athletic patients with Chronic Ankle Sprain

Protocol summary

Summary

Ankle sprains are common injuries in athletes causing performance problems and executive ankle deficits, which have detrimental effects on athletes' activities. This study examines the impact of the core stabilization exercises on performance, pain, and balance in athletic patients with chronic ankle sprain. Athletes entered in the study had at least one sprain in ankle lateral ligaments (not in the last 6 months), and had at least once recurrence of the lesion within the last 6 months reported as a sense of chronic ankle instability, or giving way in the affected leg. In control group, 6 weeks of common physical therapy techniques (including electrotherapy and exercises such as stretching and strengthening of the weak leg muscles causing the current ankle instability) and in the intervention group, in addition to common physical therapy, we use core stability exercises. Visual analogue scale (VAS) test, dynamic balance test (stars test), foot and ankle performance measures and functional ability tests before and after the intervention will be used to compare changes in pain, balance and performance among groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013071714035N1**
Registration date: **2014-08-23, 1393/06/01**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2014-08-23, 1393/06/01

Registrant information

Name
Mohsen Sahranavard
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Tehran Payamenoor University
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Recruitment status

Recruitment complete

Funding source

Tehran Payamenoor University

Expected recruitment start date

2013-06-22, 1392/04/01

Expected recruitment end date

2014-03-06, 1392/12/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of Core Stability Training on performance,Pain and Balance in athletic patients with Chronic Ankle Sprain

Public title

Effects of Core Stability Training on performance,Pain and Balance in athletic patients with Chronic Ankle Sprain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria : 1) having at least one lateral ankle ligament sprain clear the extent to which a person is not able to bear weight on it and was forced to use crutches

(not to mention at 6 months); 2) having experienced at least one recurrence , or feel chronic ankle instability and ankle affected by the recent 6 months free; 3) no history of heart disease - cardiovascular disease, neurological surgery in the lower extremities and lower back in two years previous ; 4) failure to lower the risk of injury that may lead to limited physical activity; 5) Not having uncorrected visual disturbances , dizziness, metabolic diseases, neurological, anatomical malformation, rheumatoid arthritis, drug and alcohol; l 6) Failure to participate in the abs workout program (until the 6 - month intervention). Exclusion criteria : 1) a desire to withdraw from the study at each stage of treatment; 2) an increase in patient complaints such as pain.

Age
From **20 years** old to **40 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Tehran payamenoor university

Street address
Vila Str, Taleghani avenue, Payame Noor University, Tehran, Iran

City
Tehran

Postal code

Approval date
2013-06-10, 1392/03/20

Ethics committee reference number
7492//1002/ه

Health conditions studied

1

Description of health condition studied
Chronic Ankle Sprain

ICD-10 code
S93.4

ICD-10 code description
Sprain and Strain of Ankle

Primary outcomes

1

Description
Pain

Timepoint
Befor and after of intervention

Method of measurement
Visual Analogue Scale

Secondary outcomes

1

Description
Balance and function

Timepoint
Befor and after of intervention

Method of measurement
Stare test,Foot and Ankle Ability Measure(FAAM),Functional performance test

Intervention groups

1

Description
control group: 6weeks usual physiotherapy (electrotherapy:TENS,US,HP,stretching and strengthening exercises)

Category
Rehabilitation

2

Description
Intervention group: 6weeks core stability exercises(1) Pron leg lifts(single leg lift);2) Pron leg lifts(single-bent-knee lift);3) Criss Cross;4) Double straight-leg stretch(lower lift); 5) Hundred;6) Long lever body position setup;7) Sid bridge; 8) 900 bent-knee rotation) and usual physiotherapy(electrotherapy:TENS,US,HP,stretching and strengthening exercises). Duration of these exercises for 30 minutes per treatment session will be divided into three sets of 10.

Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Tehran Payamenoor University
Full name of responsible person
Mohsen Sahranavard
Street address
Physiotherapy Clinic, Qaem day clinic, Janbazan Str, Bushehr, Iran
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tehran payamenoor university
Full name of responsible person
Dr. Aghayari
Street address
Vila Str, Taleghani avenue, Payame Noor University, Tehran, Iran
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Tehran payamenoor university
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

Contact
Name of organization / entity
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Person responsible for updating data

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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