

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

The Comparison between the Effects of Kinesio® Tape and Rigid Tape on Shoulder Muscle Strength of Healthy Tennis Players

Protocol summary

Summary

The purpose of this study was to determine the effects of the application of Kinesio® tape and Rigid Tape on shoulder muscle strength of healthy tennis players. Thirty male tennis players with no history of shoulder pain or impairment were recruited. Shoulder rotator muscles' strength were measured before and 30 minutes after taping, by Isokinetic dynamometer to determine the effects of taping on shoulder muscle strength among three groups of Kinesio® tape, Rigid Tape and No tape.

This research has received a grant (BG067-2012D) from Postgraduate Research Grant Department of University Malaya.

Expected recruitment start date

2012-03-01, 1390/12/11

Expected recruitment end date

2012-07-01, 1391/04/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013120915730N1**

Registration date: **2014-05-06, 1393/02/16**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-05-06, 1393/02/16

Registrant information

Name

Parisa Tanoori

Name of organization / entity

Sports Medicine Department, University Malaya

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Malaysia

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Recruitment status

Recruitment complete

Funding source

Scientific title

The Comparison between the Effects of Kinesio® Tape and Rigid Tape on Shoulder Muscle Strength of Healthy Tennis Players

Public title

Effect of KINESIO and RIGID taping on muscle strength

Purpose

Screening

Inclusion/Exclusion criteria

Inclusion criteria: dominant healthy shoulder; age ≥ 18 yrs old and ≤ 30 yrs old. Exclusion criteria: any shoulder impairment; allergy to adhesive tapes.

Age

From **18 years** old to **30 years** old

Gender

Male

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)

Double blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Medical Ethics Committee of University Malaya
Medical Center

Street address

Lembah Pantai ,59100, Kuala Lumpur, Malaysia

City

Kuala Lumpur

Postal code

59100

Approval date

2012-06-20, 1391/03/31

Ethics committee reference number

925.14

Health conditions studied**1****Description of health condition studied**

healthy subjects

ICD-10 code

Z00.6

ICD-10 code description

Examination for normal comparison and control in clinical
research programme

Primary outcomes**1****Description**

muscle strength

Timepoint

before and after intervention

Method of measurement

Isokinetic Dynamometer

Secondary outcomes**1****Description**

muscle strength

Timepoint

30 minutes

Method of measurement

isokinetic dynamometer

Intervention groups**1****Description**

Rigid tape is applied on shoulder internal and external
rotator muscles for 30 minutes and muscle strength is
measured before and after tape application. Taping
technique is used according to Morrissey technique.

Category

Other

2**Description**

Kinesio tape is applied on shoulder internal and external
rotator muscles for 30 minutes and muscle strength is
measured before and after tape application. Taping
technique is used according to Kinesio association
technique.

Category

Other

3**Description**

No tape is applied for this group as a control group. They
rest for 30 minutes. Muscle strength is measured before
and after the rest.

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

University of Malaya Medical Center

Full name of responsible person

Dr Nahar Azmi Mohamad

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Lembah Pantai ,59100, Kuala Lumpur, Malaysia

City

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Postgraduate Research Grant Department of
University Malaya

Full name of responsible person

Dr Nahar Azmi Mohamad

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Lembah Pantai ,59100, Kuala Lumpur, Malaysia
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Grant name
Grant code / Reference number
 BG067-2012D
Is the source of funding the same sponsor organization/entity?
 Yes
Title of funding source
 Postgraduate Research Grant Department of University
 Malaya
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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Name of organization / entity
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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