

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 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

##### Country

Malaysia

##### Phone

006032061937

##### Email address

parisatanoori@siswa.um.edu.my

##### 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  $\geq 18$  yrs old and  $\leq 30$  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

**Street address**

Lembah Pantai ,59100, Kuala Lumpur, Malaysia

**City**

Kuala Lumpur

**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

**Street address**

Lembah Pantai ,59100, Kuala Lumpur, Malaysia

**City**

Kuala Lumpur

**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**

**Contact**

**Name of organization / entity**

Sports Medicine Clinic, University Malaya

**Full name of responsible person**

Parisa Tanoori

**Position**

Master Student

**Other areas of specialty/work**

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**Web page address**

**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*