Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

investigation of the gluteal muscles electromayography after taping and it's effect on the function of men football players 18 to 40 years old with chronic lateral ankle sprain

Protocol summary

Summary

objective: investigation of the gluteal muscles electromayography after taping and it's effect on the function of men football players 18 to 40 years old with chronic lateral ankle sprain. Design: This is a randomized, blind, clinical trial. Thirty athletes will be randomly assigned to two groups: tape & placebo tape. Participants: 30 athletes aged 18-40 years old will take part in the study. Inclusion criteria: history of at least 1 grade 2 of ankle sprain (with the clinician diagnosis) in more than 5 past weeks. Exclusion criteria: grade 3 ankle sprain، any illness of central nervous system that effects the ankle joint kinds of MS، flat foot, lower limb neurologic disorders، lumbar radiculopathy, neuropathy, myopathy, inflammatory diseases kind of rheumatoid arthritis. Interventions: for taping of gluteus maximus & gluteus medius in tape group, from the origin of the muscles، the tape with the tension of 50% bifurcates & continue from the edges of muscles & attaches to greater trochanter. for the placebo tape group, two 20 cm tape without tension attaches at the muscles area. individuals in both groups will be assessed for electromyographic activity of gluteal muscles in voluntary heel raises and hop test & postural balance before and after & 48 hours after intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015021015932N10**
Registration date: **2015-04-11, 1394/01/22**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-04-11, 1394/01/22

Registrant information

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Name of organization / entity
Shiraz University of Medical Sciences
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Recruitment status

Recruitment complete

Funding source

School of Rehabilitation, Shiraz University of Medical Sciences

Expected recruitment start date

2014-08-23, 1393/06/01

Expected recruitment end date

2014-11-22, 1393/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

investigation of the gluteal muscles electromayography after taping and it's effect on the function of men football players 18 to 40 years old with chronic lateral ankle sprain

Public title

the effect of taping on men football players with chronic lateral ankle sprain

Purpose
Supportive
Inclusion/Exclusion criteria
inclusion criteria: 18 to 40 years old men football players that play at least 3 session per weak and 1 hour per session with the history of at least 1 grade 2 of ankle sprain in more than 5 past weeks (with the clinician diagnosis); patients have received no physiotherapy treatment in the past three months. exclusion criteria: grade 3 ankle sprain; any illness of central nervous system that effects the ankle joint kinds of MS, flat foot, lower limb neurologic disorders lumbar radiculopathy, neuropathy, myopathy, inflammatory diseases kind of rheumatoid arthritis
Age
From **18 years** old to **40 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)
Single blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Shiraz University of Medical Sciences
Street address
Shiraz University of Medical Sciences, Zand Ave
City
Shiraz
Postal code
71345-1987
Approval date
2010-09-23, 1389/07/01
Ethics committee reference number
ct-9375-7275

Health conditions studied

1

Description of health condition studied
akle sprain
ICD-10 code
s93.4
ICD-10 code description
Sprain and strain of ankle

Primary outcomes

1

Description
The onse and amplitude of electromyographic activity
Timepoint
before, after and 48 hours later
Method of measurement
Telemetry EMG (Mega electronics Ltd.Finland)

2

Description
Reach distance in dynamic balance
Timepoint
before, after and 48 hours later
Method of measurement
tape

3

Description
hop level in single leg hop test
Timepoint
before, after and 48 hours later
Method of measurement
tape

Secondary outcomes

empty

Intervention groups

1

Description
for taping of gluteusmedius، tape with tension0f50% from the origin of muscle at the lateral surface of sacrom bifurcates & continue from the edges of muscle & attachs to greater trochanter
Category
Rehabilitation

2

Description
for taping of gluteus maximus، tape with tension0f50% from the origin of muscle at the sacrom bifurcates & continue from the edges of muscle & attachs to greater trochanter
Category
Treatment - Drugs

3

Description
for the placebo tape group، two20 cm tape without tension attach at the gluteal muscles area
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Ghadir sports club
Full name of responsible person
Ms Zaravar
Street address
School of Rehabilitation, First Abiverdi Ave, Chamran Boulevard.
City
School of Rehabilitation, First Abiverdi Ave, Chamran Boulevard

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Dr. Mohammad Ali Sahmeddini
Street address
Vice-Chancellery of Research, Shiraz University of Medical Sciences, Zand Ave.
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Shiraz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shiraz University of Medical Sciences
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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Full name of responsible person
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Person responsible for updating data

Contact
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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