

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### investigation of the gluteal muscles electromyography after taping and its 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 electromyography after taping and its 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 affects 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

###### Name

Alireza Motealleh

###### Name of organization / entity

Shiraz University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 71 1626 5108

###### Email address

motealleh@sums.ac.ir

##### 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 electromyography after taping and its 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 onset 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 & attaches 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 & attaches 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.

###### City

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

School of Rehabilitation, Shiraz University of Medical

Sciences

##### Full name of responsible person

Habibollah Iari

##### Position

student

##### Other areas of specialty/work

##### Street address

School of Rehabilitation, First Abiverdi Ave, Chamran Boulevard.

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+98 71 5364 2854

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sadeghd@yahoo.com

##### Web page address

### Person responsible for scientific inquiries

#### Contact

##### Name of organization / entity

School of Rehabilitation, Shiraz University of Medical Sciences

##### Full name of responsible person

Dr. Alireza Motealleh

##### Position

Assistant Professor of Shiraz University of Medical Sciences

##### Other areas of specialty/work

##### Street address

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pmotealeh@yahoo.commotealleh@sums.ac.ir

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### Person responsible for updating data

#### Contact

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##### Full name of responsible person

Habibollah Iari

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student

##### Other areas of specialty/work

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sadeghd@yahoo.com  
**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*