

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 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

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Iran (Islamic Republic of)

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+98 71 1626 5108

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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 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 week 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

ankle 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 tensionOf50% 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 tensionOf50% 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, two 20 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

School of Rehabilitation, Shiraz University of Medical

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student

Other areas of specialty/work

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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