

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Determining the Effectiveness of Kinesio Taping on Balance in Athletes with Acute Sprain and Chronic Ankles Instable

#### Protocol summary

##### Summary

Purpose: Determining the Effectiveness of Kinesio Taping on Balance in Athletes with Acute Sprain and Chronic Ankles Instable Study design: single arm study, not blinded, placebo-controlled free, without trial phase Study population: Athletes of saghez city The main criteria for entering the study: Inclusion criteria for acute sprain: grade 1 & 2 sprain In the last 48 hours Exclusion criteria for acute sprain: grade 3 sprain; Report of surgery, fracture and dislocation of the lower extremity; Neurological diseases; injuries of the knee or hip Inclusion criteria for chronic instability: Reported at least one case of ankle sprain that requires immobility or non weight bearing for 3 days during a year before the study; Report of at least once ankle instability secondary to ankle sprain in the last one year; Chronic ankle instability in one foot; full range of motion of the ankle Exclusion criteria for chronic instability: positive anterior drawer test and talar tilt of the ankle's involvement; report of surgery, fracture and dislocation of lower extremity; neurological diseases; swelling and ecchymosis in the affected ankle; knee and hip injuries Sample size: 26 men Intervention Study: Effect of kinesio taping on the Athletes dynamic equilibrium Intervention time: 2014 The consequences of the study: corrective functional-mechanical combined method improves the dynamic equilibrium in athletes with chronic and acute ankle sprains in the short term.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015041121701N1**  
Registration date: **2015-05-04, 1394/02/14**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2015-05-04, 1394/02/14

##### Registrant information

###### Name

Seyed Sadredin Shojaedin

###### Name of organization / entity

School of Physical Education and Sport Sciences,  
Kharazmi University

###### Country

Iran (Islamic Republic of)

###### Phone

+98 21 8882 5818

###### Email address

shojaedin@tmu.ac.ir

##### Recruitment status

###### Recruitment complete

##### Funding source

School of Physical Education and Sport Sciences,  
Kharazmi University of Tehran

##### Expected recruitment start date

2014-03-20, 1392/12/29

##### Expected recruitment end date

2015-03-20, 1393/12/29

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Determining the Effectiveness of Kinesio Taping on  
Balance in Athletes with Acute Sprain and Chronic Ankles  
Instable

##### Public title

Determining the Effectiveness of Kinesio Taping on  
Balance in Athletes

## Purpose

Supportive

## Inclusion/Exclusion criteria

Inclusion criteria for acute sprain: grade 1 & 2 sprain in the last 48 hours  
Exclusion criteria for acute sprain: grade 3 sprain; Report of surgery, fracture and dislocation of the lower extremity; Neurological diseases; injuries of the knee or hip  
Inclusion criteria for chronic instability: Reported at least one case of ankle sprain that requires immobility or non weight bearing for 3 days during a year before the study; Report of at least once ankle instability secondary to ankle sprain in the last one year; Chronic ankle instability in one foot; full range of motion of the ankle  
Exclusion criteria for chronic instability: positive anterior drawer test and talar tilt of the ankle's involvement; report of surgery, fracture and dislocation of lower extremity; neurological diseases; swelling and ecchymosis in the affected ankle; knee and hip injuries

## Age

From **20 years** old to **23 years** old

## Gender

Male

## Phase

N/A

## Groups that have been masked

*No information*

## Sample size

Target sample size: **26**

## Randomization (investigator's opinion)

N/A

## Randomization description

## Blinding (investigator's opinion)

Not blinded

## Blinding description

## Placebo

Not used

## Assignment

Single

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

School of Physical Education and Sport Sciences,  
Kharazmi University

##### Street address

Shahid Mofateh St.

##### City

Tehran

##### Postal code

#### Approval date

2015-04-25, 1394/02/05

#### Ethics committee reference number

20/64/ح

## Health conditions studied

### 1

#### Description of health condition studied

Sprain of ankle

#### ICD-10 code

S93

#### ICD-10 code description

Dislocation, sprain and strain of joints and ligaments at ankle and foot level

## Primary outcomes

### 1

#### Description

Balance

#### Timepoint

pre & post intervention

#### Method of measurement

Star Excursion Balance Test for dynamic balance assessment

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Ankle Kinesio Taping

#### Category

Rehabilitation

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Navid Occupational Therapy Clinic

##### Full name of responsible person

Keyvan Yousefpour

##### Street address

Milad Medical Center

##### City

Saghez

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

School of Physical Education and Sport Sciences,  
Kharazmi University of Tehran

##### Full name of responsible person

Najaf aghaei PhD

**Street address**  
Mofateh St.  
**City**  
Tehran  
**Grant name**  
**Grant code / Reference number**  
**Is the source of funding the same sponsor organization/entity?**  
Yes  
**Title of funding source**  
School of Physical Education and Sport Sciences,  
Kharazmi University of Tehran  
**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**  
Navid Occupational Therapy Center  
**Full name of responsible person**  
Keyvan Yousefpour  
**Position**  
Ms, Technical supervisor  
**Other areas of specialty/work**  
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Milad Medical Center  
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+98 87 3621 3231  
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**Web page address**

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
Kharazmi University of Tehran  
**Full name of responsible person**

Seyed Sadredin Shojaedin  
**Position**  
Associate Professor  
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**Web page address**

## Person responsible for updating data

### Contact

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Navid Occupational Therapy Center  
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00  
**Fax**  
**Email**  
yousefpour\_k@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*