

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jun 2026

The effect of Talocrural joint mobilization on dynamic postural control in young athletes with chronic lateral ankle sprain.

Protocol summary

Summary

Objective: The aim of this study is to assess the effect of joint mobilization on dynamic postural control in subjects with chronic ankle sprain Design: Randomised placebo-controlled trial with concealed allocation, and patient blinding. Setting and product: Thirty subjects (male and female) aged between 20 to 35 years with chronic ankle sprain will be divided in two groups randomly. Major Inclusion and Exclusion criteria: patients have to experience minimum one time ankle sprain more than six weeks ago, repetitive ankle giving way during past 12 months, no experience of balance exercises, and no neurological and infection problem and ankle fracture. Intervention: The first group will be given an anterior-posterior Talar glide for 6 sessions with 40 glides each day. The control group will be given the imitated placebo mobilization during 6 sessions without applying any manual technique. Outcome measures: Y Balance Test will be used to assess the dynamic postural control of subjects at the beginning and the end of the treatment program.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016021324149N23**

Registration date: **2016-09-27, 1395/07/06**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-09-27, 1395/07/06

Registrant information

Name

Fahimeh Kamali

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2013-06-22, 1392/04/01

Expected recruitment end date

2013-10-22, 1392/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Talocrural joint mobilization on dynamic postural control in young athletes with chronic lateral ankle sprain.

Public title

The effect of joint mobilization on balance of athletes with chronic ankle sprain.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Minimum one time ankle sprain more than six weeks ago; repetitive ankle giving way during past 12 months; no experience of balance exercises. Exclusion criteria: Neuromuscular and vestibular disorders; Fracture in Lower limbs; Middle ear infection; Upper respiratory tract infection; Common cold during

study.

Age

From **20 years** old to **35 years** old

Gender

Both

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

Ethics committee of Shiraz University of Medical Sciences

Street address

Zand boulevard

City

Shiraz

Postal code

Approval date

2012-03-06, 1390/12/16

Ethics committee reference number

ct-90-3452

Health conditions studied

1

Description of health condition studied

Lateral Ankle Sprain

ICD-10 code

s93.4

ICD-10 code description

Sprain and strain of ankle- calcaneofibular (ligament), Deltoid(ligament), Internal collateral(ligament), Talofibular(ligament), Tibofibular(ligament), distal

Primary outcomes

1

Description

Balance

Timepoint

Before and After treatment

Method of measurement

Y balance test

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Anterior-posterior ankle mobilization, grade III for 6 sessions, with 40 repetition.

Category

Treatment - Other

2

Description

Control group: placebo mobilization during 6 sessions without applying any manual technique.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Health centers under supervision of Shiraz university of Medical Sciences

Full name of responsible person

Dr. Fahimeh Kamali

Street address

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Shiraz University of Medical Science

Full name of responsible person

Dr. Saied Basir Hashemi

Street address

Karim khan boulevard

City

Shiraz

Grant name

Grant code / Reference number

Is the source of funding the same sponsor

organization/entity?

Yes

Title of funding source

Vice chancellor for research, Shiraz University of Medical Science

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**

Shiraz University of Medical Science

Full name of responsible person

Dr. Fahimeh Kamali

Position

Assistant professor

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Web page address**Person responsible for updating data****Contact****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