

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jun 2026

The immediate effect of talocrural joint manipulation on functional performance of 15-40 years old athletes with chronic ankle instability

Protocol summary

Summary

Objectives: Evaluating the immediate effect of talocrural joint manipulation on functional performance of athletes with chronic ankle instability Design: Double-Blind Randomized Controlled Trial Participants: Forty athletes (18males, 22females) with chronic ankle instability Inclusion criteria: Athletes between 15-40 years old; at least one acute ankle sprain (grade I or II) before previous 6 weeks or multiple giving way in ankle joint in previous 12 months Exclusion criteria: Neurological diseases; rheumatoid diseases and fractures in lower limbs; ankle sprain grade III; ankle sprain occurred during the previous 6 weeks, regardless of the grade Intervention: For manipulation, therapist delivers a quick thrust on the talus in the posterior direction. This position is simulated for 1 minute without thrust as sham manipulation in the control group. Interventions carry out one time per day, for three consecutive days. Main outcome measures: Functional performance of athletes assessed with single leg hop test, speed test, and Y balance test, before and after the interventions

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016021624149N25**

Registration date: **2016-07-13, 1395/04/23**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-07-13, 1395/04/23

Registrant information

Name

Fahimeh Kamali

Name of organization / entity

Shiraz University of Medical Sciences

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+98 71 1627 1551

Email address

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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2013-11-22, 1392/09/01

Expected recruitment end date

2014-01-21, 1392/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The immediate effect of talocrural joint manipulation on functional performance of 15-40 years old athletes with chronic ankle instability

Public title

The effect of manual therapy on performance of athletes with chronic ankle instability

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Athletes between 15-40 years old; at least one acute ankle sprain (grade I or II) before previous 6 weeks or multiple giving way in ankle joint in previous 12 months; ability to complete the 24-meter running test without pain; muscle power of the affected leg should be at least 80% of the healthy side Exclusion

criteria: Neurological diseases; rheumatoid diseases; postural disorders; fractures in lower limbs; flat foot; sacroiliac joint impairments; ankle sprain grade III; ankle sprain occurred during the previous 6 weeks, regardless of the grade

Age

From **15 years** old to **40 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Vice-Chancellery for Research Office, Shiraz
University of Medical Sciences

Street address

Central Building of Shiraz University of Medical
Sciences, Zand Blvd, Shiraz

City

Shiraz

Postal code

Approval date

2013-11-02, 1392/08/11

Ethics committee reference number

CT-92-6752

Health conditions studied

1

Description of health condition studied

Chronic Ankle Instability

ICD-10 code

S93.4

ICD-10 code description

Sprain and strain of ankle

Primary outcomes

1

Description

Functional Performance

Timepoint

before and after interventions

Method of measurement

One-leg hop test

2

Description

Functional performance

Timepoint

before and after interventions

Method of measurement

Speed test

3

Description

Functional performance

Timepoint

before and after interventions

Method of measurement

Star excursion test

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Manipulation

Category

Rehabilitation

2

Description

Control group: Placebo

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Physiotherapy Center of School of Rehabilitation
Sciences

Full name of responsible person

Fahimeh Kamali

Street address

Abiverdi St. Chamran Blvd. Shiraz

City

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellery for research affairs, Shiraz University of Medical Sciences

Full name of responsible person

Basir Hashemi

Street address

Central Building of Shiraz University of Medical Sciences, Zand Blvd. Shiraz

City

Shiraz

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice chancellery for research affairs, 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 Sciences, Shiraz University of Medical Sciences

Full name of responsible person

Fahimeh Kamali

Position

Associate Professor

Other areas of specialty/work

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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