

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The effect of ankle kinesio taping on postural control in 30-60 years old stroke patients.

#### Protocol summary

##### Summary

The primary aim of this study was to investigate the effect of the application of ankle kinsio taping on the postural control in 30-60 years old stroke patients. 40 stroke patients divided 2 group intervention and control. Inclusions criteria for stroke patients : age range 60-30 years and at least 1 year after the stroke. We performed ankle kinesio taping (KT) for 24h. It was applied by KT expert by stretching the kinesio tape. Initially, a tape anchor is placed above the malleoli of the affected lower extremity. This anchor is applied securely but not tightly around the extremity. Five or six tape straps are started from the anchor in the area of the medial ankle. They are applied around the bottom and up the lateral side of the foot. The ends of the first of these straps are attached to the lateral ankle. Subsequent straps are applied across the bottom of the foot progressively more distally and are attached progressively more anteriorly and medially on the ankle. for the kinesio taping application .postural control assess by force plate before, immediately and 24 hours after of the kinesio taping application. We expect that kinesio taping improve postural control in stroke patients.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201211302391N9**

Registration date: **2016-07-12, 1395/04/22**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-07-12, 1395/04/22

##### Registrant information

##### Name

Zahra Rojhani Shirazi

##### Name of organization / entity

Shiraz University of Medical Sciences, School of Rehabilitation Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 71 1627 1552

##### Email address

rojhaniz@sums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice Chancellor for Research Affairs of Shiraz University of Medical Sciences

##### Expected recruitment start date

2012-10-22, 1391/08/01

##### Expected recruitment end date

2012-11-21, 1391/09/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of ankle kinesio taping on postural control in 30-60 years old stroke patients.

##### Public title

Effect of kinesio taping on postural control in stroke patients.

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

The inclusions criteria for stroke patients: age range 60-30 years: at least 1 year after the stroke: stroke patients with anterior artery on the CT scan: high and

moderate balance according berg balance scale (score 56-21): grade 2 and 3 of spasticity on Ashworth scale: not used muscle relaxant and tranquilizers drugs from 24 hours ago: Ability to stand with eyes closed and open with feet apart for at least 30 seconds: Ability to understand instructions: The ability to easily change directions. Exclusion criteria: acquired brain injury: lower limbs fracture: a history of lower limbs surgery: dislocation in lower limb joints: sacroiliac joint dysfunctions: low back pain : blindness and deafness: allergy to kinsiotape:balance disorder and middle ear problems: diabetes and neuropathy.

**Age**

From **30 years** old to **60 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)**

Not blinded

**Blinding description****Placebo**

Not used

**Assignment**

Parallel

**Other design features**

Subject were randomly assigned to either the interventional group or control group by random number table.

**Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Ethics committee of Shiraz University of Medical Sciences

**Street address**

Shiraz, Chamran Boulevard, 1 street Abyverdy, School of Rehabilitation Sciences, ShiraUniversity of Medical Sciences, Department of Physical Therapy z

**City**

Shiraz

**Postal code****Approval date**

2012-09-23, 1391/07/02

**Ethics committee reference number**

CT-91-6376

**Health conditions studied****1****Description of health condition studied**

Stroke

**ICD-10 code**

164

**ICD-10 code description**

Cerebrovascular accident NOS

**Primary outcomes****1****Description**

Postural control

**Timepoint**

Before, immediately and 24 hours after application of interventions

**Method of measurement**

Amount of displacement and velocity of center of pressure by forceplate

**Secondary outcomes**

empty

**Intervention groups****1****Description**

In intervention group We performed ankle kinesio taping (KT) in intervention group for 24h. It was applied by KT expert by stretching the kinesio tape. Initially, a tape anchor is placed above the malleoli of the affected lower extremity.. This anchor is applied securely but not tightly around the extremity. Five or six tape straps are started from the anchor in the area of the medial ankle. They are applied around the bottom and up the lateral side of the foot. The ends of the first of these straps are attached to the lateral ankle. Subsequent straps are applied across the bottom of the foot progressively more distally and are attached progressively more anteriorly and medially on the ankle.

**Category**

Treatment - Other

**2****Description**

In control group no intervention was done and All postural control measurements were repeated 24 hours later in control group.

**Category**

N/A

**Recruitment centers**

1

#### Recruitment center

**Name of recruitment center**

Physiotherapy's clinics

**Full name of responsible person**

Zahra Rojhani Shirazi

**Street address**

Shiraz Faculty of Rehabilitation, Chamran blvd

**City**

Shiraz

#### Sponsors / Funding sources

1

#### Sponsor

**Name of organization / entity**

Vice Chancellor for research of Shiraz University of Medical Sciences

**Full name of responsible person**

Gholamreza hatam

**Street address**

Shiraz Faculty of Rehabilitation, Chamran blvd.

**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 of 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**

Shiraz University of Medical Sciences

**Full name of responsible person**

Zahra Rojhani Shirazi

**Position**

PhD

**Other areas of specialty/work**

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#### Person responsible for scientific inquiries

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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*