

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The comparison between ankle joint Kinesio tape and lower leg muscle Kinesio tape, on balance and proprioception in the subjects with recurrent lateral ankle sprain

#### Protocol summary

##### Study aim

The comparison between ankle joint Kinesio tape and lower leg muscle Kinesio tape, on balance and proprioception in the subjects with recurrent lateral ankle sprain

##### Design

Randomized (random block method), without placebo control, single arm trial. The sample size of this study is 42 individuals: divided into 3 groups of 12 people.

##### Settings and conduct

Banding to methods (Kinesio Tape) In the ankle joint and muscles around the ankle. Neuromuscular Rehabilitation Research Center Semnan University of Medical Sciences.

##### Participants/Inclusion and exclusion criteria

42 athletes with ankle sprain. Inclusion criteria: Adults that have aged 18 to 40 years; individuals should experience frequent torsion and with giving way; People should not have ankle joint mechanical torsion. Exclusion criteria: Torsion at non-dominant foot; history of lower limb injury and neurological and musculoskeletal disorders; visual disturbances; history of lower limb surgery in the past year.

##### Intervention groups

Control group: Only for comparison with intervention group, no treatment is performed. Intervention group 1 (Taping on ankle muscles): At the first session, initial evaluations (according to the protocol) will be repeated 3 times during the session, then the same evaluations will be performed in 72 hours later to check the repeatability between the two sessions, and then, in the next step, the effect of the taping, including the main variables will be examined. Strips remain for 72 hours. The taping will be loaded 3 times in 10 days and the balance criteria will be evaluated. Intervention group 2 (Taping on ankle joint): At the first session, initial evaluations (according to the protocol) will be repeated 3 times during the session, then the same evaluations will be performed in 72 hours

later to check the repeatability between the two sessions, and then, in the next step, the effect of the taping, including the main variables will be examined. Strips remain for 72 hours. The taping will be loaded 3 times in 10 days and the balance criteria will be evaluated.

##### Main outcome variables

Dynamic balance measurement, .

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20151228025732N31**

Registration date: **2018-03-16, 1396/12/25**

Registration timing: **registered\_while\_recruiting**

Last update: **2018-03-16, 1396/12/25**

Update count: **0**

##### Registration date

2018-03-16, 1396/12/25

##### Registrant information

##### Name

Alireza Emadi

##### Name of organization / entity

Semnan University of Medical Sciences, Semnan, Iran

##### Country

Iran (Islamic Republic of)

##### Phone

+98 23 3345 1336

##### Email address

are20935@semums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

**Expected recruitment start date**

2017-12-12, 1396/09/21

**Expected recruitment end date**

2018-09-11, 1397/06/20

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

The comparison between ankle joint Kinesio tape and lower leg muscle Kinesio tape, on balance and proprioception in the subjects with recurrent lateral ankle sprain

**Public title**

The comparison between ankle joint Kinesio tape and lower leg muscle Kinesio tape in the subjects with recurrent lateral ankle sprain

**Purpose**

Supportive

**Inclusion/Exclusion criteria****Inclusion criteria:**

Adults that have aged 18 to 40 years Individuals should experience frequent torsion and with giving way People should not have mechanical torsion

**Exclusion criteria:**

Torsion at non-dominant foot History of lower limb injury and neurological and musculoskeletal disorders Visual disturbances History of lower limb surgery in the past year

**Age**

From **18 years** old to **40 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **42**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Block randomization; Individual. Randomized permutation blocks. Random sequence was generated using Excel software.

**Blinding (investigator's opinion)**

Not 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 Semnan University of Medical Sciences

**Street address**

Semnan University of Medical Sciences, Basij Blvd, Semnan

**City**

Semnan

**Province**

Semnan

**Postal code**

3514799442

**Approval date**

2017-12-12, 1396/09/21

**Ethics committee reference number**

IR.Semums.rec.1396.163

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

Frequent torsion Ankle

**ICD-10 code**

S93.0

**ICD-10 code description**

Subluxation and dislocation of ankle joint

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

Dynamic balance measurement

**Timepoint**

Before and after the intervention

**Method of measurement**

Biodex balance System

**2****Description**

Assessment deep feelings Joint ankle

**Timepoint**

Before and after the intervention

**Method of measurement**

Biodex System IV Isometric Dynameter

**Secondary outcomes**

empty

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

Control group: Only for comparison with intervention group, no treatment is performed.

**Category**

Diagnosis

**2**

**Description**

Intervention group 1 (Taping on ankle muscles): At the first session, initial evaluations (according to the protocol) will be repeated 3 times during the session, then the same evaluations will be performed in 72 hours later to check the repeatability between the two sessions, and then, in the next step, the effect of the taping, including the main variables will be examined. Strips remain for 72 hours. The taping will be loaded 3 times in 10 days and the balance criteria will be evaluated.

**Category**

Rehabilitation

**3**

**Description**

Intervention group 2 (Taping on ankle joint): At the first session, initial evaluations (according to the protocol) will be repeated 3 times during the session, then the same evaluations will be performed in 72 hours later to check the repeatability between the two sessions, and then, in the next step, the effect of the taping, including the main variables will be examined. Strips remain for 72 hours. The taping will be loaded 3 times in 10 days and the balance criteria will be evaluated.

**Category**

Rehabilitation

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

Neuromuscular Rehabilitation Research Center

**Full name of responsible person**

Ziaeddin Safavi-Farokhi

**Street address**

Neuromuscular Rehabilitation Research Center,  
Ghods Blvd.

**City**

Semnan

**Province**

Semnan

**Postal code**

3514799442

**Phone**

+98 23 3345 1336

**Email**

are20935@gmail.com

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Semnan University of Medical Sciences

**Full name of responsible person**

Mohammadreza Asgari

**Street address**

Semnan University of Medical Sciences, Basij Blvd,  
Semnan

**City**

Semnan

**Province**

Semnan

**Postal code**

3514799442

**Phone**

+98 23 3345 1336

**Email**

asgari5000@gmail.com

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Semnan University of Medical Sciences

**Proportion provided by this source**

100

**Public or private sector**

Public

**Domestic or foreign origin**

Domestic

**Category of foreign source of funding**

*empty*

**Country of origin**

**Type of organization providing the funding**

Academic

**Person responsible for general inquiries**

**Contact**

**Name of organization / entity**

Semnan University of Medical Sciences

**Full name of responsible person**

Ziaeddin Safavi-Farokhi

**Position**

Associate professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Physiotherapy

**Street address**

Neuromuscular Rehabilitation Research Center,  
Ghods Blvd.

**City**

Semnan

**Province**

Semnan

**Postal code**

3514799442

**Phone**

+98 23 3345 1336

**Email**  
are20935@gmail.com

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
Semnan University of Medical Sciences

**Full name of responsible person**  
Ziaeddin Safavi-Farokhi

**Position**  
Associate professor

**Latest degree**  
Ph.D.

**Other areas of specialty/work**  
Physiotherapy

**Street address**  
Neuromuscular Rehabilitation Research Center,  
Ghods Blvd.

**City**  
Semnan

**Province**  
Semnan

**Postal code**  
3514799442

**Phone**  
+98 23 3345 1336

**Email**  
are20935@gmail.com

## Person responsible for updating data

### Contact

**Name of organization / entity**  
Semnan University of Medical Sciences

**Full name of responsible person**  
Yazdan Yousefi

**Position**  
Student

**Latest degree**  
Master

**Other areas of specialty/work**  
Physiotherapy

**Street address**

Neuromuscular Rehabilitation Research Center,  
Ghods Blvd.

**City**  
Semnan

**Province**  
Semnan

**Postal code**  
3514799442

**Phone**  
+98 23 3345 1336

**Email**  
are20935@gmail.com

## Sharing plan

### Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

### Study Protocol

No - There is not a plan to make this available

### Statistical Analysis Plan

No - There is not a plan to make this available

### Informed Consent Form

No - There is not a plan to make this available

### Clinical Study Report

No - There is not a plan to make this available

### Analytic Code

No - There is not a plan to make this available

### Data Dictionary

No - There is not a plan to make this available

### Title and more details about the data/document

-

### When the data will become available and for how long

-

### To whom data/document is available

Only available to scholars working in academic institutions.

### Under which criteria data/document could be used

In case of relevant studies.

### From where data/document is obtainable

Ziaeddin Safavi-Farokhi. Neuromuscular Rehabilitation Research Center, Ghods Blvd. 00989123311988

### What processes are involved for a request to access data/document

-

### Comments