Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The comparison of the immediate effect of athletic taping and kinesiotaping techniques on functional performance tests of female athletes with chronic ankle instability

Protocol summary

Study aim

To investigate the immediate effects of different types of tape (Kinesiotaping®, athletic taping) on functional performance in athletes with chronic ankle instability.

Design

A clinical trial with a control group, with crossover groups of 16 patients, not blinded, randomized with taking concealed envelop from inside of a bag.

Settings and conduct

Each participant receives all interventions with a different sequence in 5 sessions with intervals and acts as her control group. (For example, participant1; in session1: kinesiotaping, 3 days later in session 2: athletic tape, 3 days later in session 3: Kinesio-placebo taping and 3 days later in session 4: Placebo athletic taping and 3 days later in session5: without tape). The order of the sequence of interventions and the performance tests are determined for each participant separately and randomly (taking a sealed envelope from within the bag). The first selection of samples for taking part in the study will be performed by convenience sampling from athletic clubs in the academic and non-academic areas of Tehran province. Then all functional tests for all participants will be performed in 5 different conditions in 5 separate days in random order from 3-4 days.

Participants/Inclusion and exclusion criteria

Inclusion criteria: female athletes between 18 to 45; at least three ankle sprains during the past year; score of ≤ 24 on the Cumberland Ankle Instability Tools (CAIT)
Exclusion criteria: fracture or any acute ankle sprain in last three months; CAI in both side; pregnancy; neurological or vestibular disorder;anterior cruciate ligament injury; participated in a rehabilitation program.

Intervention groups

Kinesiotaping; Athletic taping; Placebo kinesiotaping; Placebo athletic taping; Without taping.

Main outcome variables

Modified Star Excursion Test; Hoping Test designed by Amanda; Figure-8 Hoping Test; Vertical Jump test

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180516039688N1**
Registration date: **2018-05-31, 1397/03/10**
Registration timing: **registered_while_recruiting**

Last update: **2018-05-31, 1397/03/10**
Update count: **0**

Registration date

2018-05-31, 1397/03/10

Registrant information

Name
Marjan Askari
Name of organization / entity
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-05-07, 1397/02/17

Expected recruitment end date

2018-07-21, 1397/04/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison of the immediate effect of athletic taping and kinesiotaping techniques on functional performance tests of female athletes with chronic ankle instability

Public title

The comparison of the immediate effect of athletic taping and kinesiotaping techniques on functional performance of athletes with chronic ankle instability

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

At least three ankle sprain during last year Scor of ≤ 24 of on the Cumberland Ankle Instability Tools (CAIT) Age between18 to 45

Exclusion criteria:

Fracture Acute ankle sprain Chronic ankle instability in both side Pregnancy Neurological or vestibular problem Anterior cruciate ligament injury Participation in rehabilitation program

Age

From **18 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Data analyser

Sample size

Target sample size: **16**

Randomization (investigator's opinion)

Randomized

Randomization description

The ordering of interventions and performance tests in each session is performed randomly and it is determined by removing the sealed envelope from within a bag.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Crossover

Other design features

All participants receive all interventions alternately with different sequences in 5 sessions.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Shiraz Uneversity of Medical Sciences

Street address

Vice-Chancellor for Research, Shiraz University of Medical Sciences, Zand Blvd., Shiraz, Iran Postal Code: 71345-1978

City

Shiraz

Province

Fars

Postal code

71345-1978

Approval date

2017-10-22, 1396/07/30

Ethics committee reference number

IR.SUMS.REC.1396.119

Health conditions studied

1

Description of health condition studied

Chronic ankle instability

ICD-10 code

M24.2

ICD-10 code description

Disorder of ligament

Primary outcomes

1

Description

Modified Star Excursion Test

Timepoint

Measure in all sessions with intervals of three to four days

Method of measurement

Tape meter (centimeters)

2

Description

Hoping Test: this test was designed by Amanda et al. to evaluate agility and control movement of a limb on unstable surfaces.

Timepoint

Measure in all sessions with intervals of three to four days

Method of measurement

Chronometer

3

Description

Figure-8 Hoping Test

Timepoint

Measure in all sessions with intervals of three to four days

Method of measurement
Chronometer

4

Description
Vertical Jump
Timepoint
Measure in all sessions with intervals of three to four days
Method of measurement
Tape meter

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: siotaping® Method: This method is based on taping used for lateral ankle sprain.The foot is placed in a comfortable resting position with slight plantar flexion and the first I-strip is applied from middle of foot to just below the tibial tuberosity along muscle Anterior Tibialis. The second Y-strip is originated just above medial malleolus and passed under the heel and ended at fibular head point just near the insertion of first strip. The third one is placed on anterior side of ankle joint between medial and lateral malleolus. The last strip, is stretched under the foot, 6 inches above medial and lateral malleolus. All strips are stretched to approximately 100% of their resting length.
Category
Rehabilitation

2

Description
Intervention group: Athletic taping Method: In this method, first we fasten pre-wrap on the target joint (ankle). Then, we use two pieces of 5 cm width tape and implement them on the beginning and the end of pre-wrap as the anchors. Third, we implement one strip from medial to lateral crossing under the heel, and the other strip from medial to lateral crossing behind the heel in order to support the ankle. Finally, medial and lateral heel locks techniques are used.
Category
Rehabilitation

3

Description
Intervention group: Placebo-Kinesio taping: This method of taping is almost the same as the Kinesio taping, but we don't allow any tension along the tape.
Category
Rehabilitation

4

Description
Intervention group: Placebo-athletic taping: This method of taping is almost the same as the athletic taping method, but there is no structural correction in the ankle joint.
Category
Rehabilitation

5

Description
Control group: with out taping
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Shahid Shafipour Stadium
Full name of responsible person
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shiraz 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
Shiraz University of Medical Sciences
Full name of responsible person
Marjan Askari
Position
M.Sc. student
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
The data of the participant alone is useless.
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Not applicable
Data Dictionary
Not applicable
Title and more details about the data/document
The results of primary outcomes will be shared.
When the data will become available and for how long

The start of the access period will be two months after the publication of the results.

To whom data/document is available

Data will be available to academic researchers.

Under which criteria data/document could be used

Once accessed, individuals have the right to use the study protocol for rehabilitation purposes.

From where data/document is obtainable

Marjan Askari will be responsive through email. askari.marjan@gmail.com m_askari@sum

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

After receiving the request and mentioning the reasons for the request, the data will be answered within a maximum of one month.

Comments