

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The comparison of the immediate effect of athletic taping and kinesiotope 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: kinesiotope, 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  $\leq 24$  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

Kinesiotope; Athletic taping; Placebo kinesiotope; 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

##### Country

Iran (Islamic Republic of)

##### Phone

+98 71 3627 1551

##### Email address

m\_askari@sums.ac.ir

##### 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  $\leq 24$  of on the Cumberland Ankle Instability Tools (CAIT) Age between 18 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 University 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

Hopping 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 Hopping 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**

Marjan Askari

**Street address**

East 4th alley , North VafaAzar Ave., Ayatollah Kashani Blvd, Tehran, Iran

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**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Shiraz University of Medical Sciences

**Full name of responsible person**

Seyed Basir Hashemi

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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  
**Latest degree**  
Bachelor  
**Other areas of specialty/work**  
Physiotherapy  
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## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
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Mohsen Razeghi  
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## Person responsible for updating data

### Contact

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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**