

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Effect of combined kinesiotape of lower extremity muscles on functional performance in athletes with chronic ankle instability

#### Protocol summary

##### Study aim

The aim of this study is determining the effectiveness of combined kinesiotape of lower extremity muscles on functional performance in athletes with chronic ankle instability. In this study, we will compare the effectiveness of combined kinesiotaping of fibularis longus, gluteus maximus and gastrocnemius on lower extremity functional tests, before and after and 24 hours later of using kinesiotape in athletes with chronic ankle instability.

##### Design

Randomized Placebo-controlled, parallel group trial, single blind,

##### Settings and conduct

Single blinding in athletes with chronic ankle instability based on receiving actual kinesiotape or placebo kinesiotape

##### Participants/Inclusion and exclusion criteria

Athletes with having score less than 25 according to Cumberland Ankle Instability Tool (CAIT), report at least once the giving way of affected ankle joint in the past year and having unilateral chronic ankle sprain will be included and the subjects with skin allergy when using kinesiotape and the existence of swelling in ankle region and positive talar tilt and anterior drawer tests will be excluded.

##### Intervention groups

Intervention group: The kinesiotape is applied to the skin along the fibularis longus, gastrocnemius, gluteus maximus muscles from the beginning to the end of the muscle (with 35% maximum tension). Control group: placebo group: The kinesiotape without tension is applied to the skin along the fibularis longus, gastrocnemius, gluteos maximus muscles.

##### Main outcome variables

Double countermovement vertical jump; Single countermovement jump; Lateral hop test; Single hop test; Star excursion balance test

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20180728040618N1**

Registration date: **2018-10-20, 1397/07/28**

Registration timing: **prospective**

Last update: **2018-10-20, 1397/07/28**

Update count: **0**

##### Registration date

2018-10-20, 1397/07/28

##### Registrant information

##### Name

Holakoo Mohsenifar

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 2610 6933

##### Email address

mohsenifar.h@iums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2018-10-23, 1397/08/01

##### Expected recruitment end date

2018-11-22, 1397/09/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of combined kinesiotape of lower extremity muscles on functional performance in athletes with chronic ankle instability

### Public title

Effect of kinesiotape on functional performance in athletes with chronic ankle instability

### Purpose

Supportive

### Inclusion/Exclusion criteria

#### Inclusion criteria:

Having score less than 25 according to Cumberland Ankle Instability Tool (CAIT) Report at least once the giving way of affected ankle joint in the past year Having unilateral chronic ankle sprain

#### Exclusion criteria:

They have had skin allergy to use of kinesiotape. The existence of swelling in ankle region Having deformity in ankle Positive talar tilt and anterior drawer tests Range of motion limitation in ankle joint History of fracture and dislocation in affected limb pregnancy

### Age

From **18 years** old to **35 years** old

### Gender

Female

### Phase

N/A

### Groups that have been masked

- Participant

### Sample size

Target sample size: **13**

### Randomization (investigator's opinion)

Randomized

### Randomization description

Simple Randomization, Individual, Computer Software, Allocation Concealment

### Blinding (investigator's opinion)

Single blinded

### Blinding description

Single blinding in athletes with chronic ankle instability based on receiving actual kinesiotape or placebo kinesiotape

### Placebo

Used

### Assignment

Parallel

### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics Committee of Iran University of Medical Sciences

##### Street address

Next to Milad Tower, Hemmat Expy

#### City

Tehran

#### Province

Tehran

#### Postal code

1449614535

#### Approval date

2017-08-28, 1396/06/06

#### Ethics committee reference number

IR.IUMS.SMD.REC 1396.9411452004

## Health conditions studied

### 1

#### Description of health condition studied

Chronic ankle instability

#### ICD-10 code

M25.373

#### ICD-10 code description

Other instability, unspecified ankle

## Primary outcomes

### 1

#### Description

Double countermovement vertical jump

#### Timepoint

Before tape, 20 min after taping and 24 hours after taping

#### Method of measurement

meter

### 2

#### Description

Single countermovement jump

#### Timepoint

Before tape, 20 min after taping and 24 hours after taping

#### Method of measurement

meter

### 3

#### Description

Lateral hop test

#### Timepoint

Before tape, 20 min after taping and 24 hours after taping

#### Method of measurement

Cornometer

### 4

#### Description

Single hop test

#### Timepoint

Before tape, 20 min after taping and 24 hours after taping

## Method of measurement

meter

5

### Description

Star excursion balance test

### Timepoint

Before tape, 20 min after taping and 24 hours after taping

### Method of measurement

meter

## Secondary outcomes

empty

## Intervention groups

1

### Description

Intervention group: The kinesiotape is applied to the skin along the fibularis longus, gastrocnemius, gluteus maximus muscles from the beginning to the end of the muscle (with 35% maximum tension).

### Category

Rehabilitation

2

### Description

Control group: placebo group: The kinesiotape without tension is applied to the skin along the fibularis longus, gastrocnemius, gluteos maximus muscles.

### Category

Rehabilitation

## Recruitment centers

1

### Recruitment center

#### Name of recruitment center

Aryarad Sport Club

#### Full name of responsible person

Sahar Safari

#### Street address

Zarei Ave, Golestan Town

#### City

Shiraz

#### Province

Fars

#### Postal code

7189937966

#### Phone

+98 71 3650 6251

#### Email

Safarisahar92@gmail.com

## Sponsors / Funding sources

1

### Sponsor

#### Name of organization / entity

Iran University of Medical Sciences

#### Full name of responsible person

Dr Seyed Kazem Malakouti

#### Street address

Next to Milad Tower, Hemmat Expy

#### City

Tehran

#### Province

Tehran

#### Postal code

1449614535

#### Phone

+98 21 86701

#### Email

PR@iums.ac.ir

### Grant name

### Grant code / Reference number

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

Yes

### Title of funding source

Iran 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

Iran University of Medical Sciences

#### Full name of responsible person

Holakoo Mohsenifar

#### Position

Assistant Professor

#### Latest degree

Ph.D.

#### Other areas of specialty/work

Physiotherapy

#### Street address

Iran University of Medical Sciences, Next to Milad Tower, Shahid Hemmat Highway

#### City

Tehran

#### Province

Tehran

#### Postal code

14665-354

**Phone**  
+98 21 86709  
**Email**  
Mohsenifarpt@gmail.com

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
Iran University of Medical Sciences  
**Full name of responsible person**  
Holakoo Mohsenifar  
**Position**  
Assistant Professor  
**Latest degree**  
Ph.D.  
**Other areas of specialty/work**  
Physiotherapy  
**Street address**  
Iran University of Medical Sciences, Next to Milad Tower, Shahid Hemmat Highway, Tehran, IRAN  
**City**  
Tehran  
**Province**  
Tehran  
**Postal code**  
14665-354  
**Phone**  
+98 21 86709  
**Email**  
Mohsenifarpt@gmail.com

## Person responsible for updating data

### Contact

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

**Full name of responsible person**  
Holakoo Mohsenifar  
**Position**  
Assistant Professor  
**Latest degree**  
Ph.D.  
**Other areas of specialty/work**  
Physiotherapy  
**Street address**  
Iran University of Medical Sciences, Next to Milad Tower, Shahid Hemmat Highway, Tehran, IRAN  
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14665-354  
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Mohsenifarpt@gmail.com

## 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

There is no further information

### 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