

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)

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+98 21 2610 6933

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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

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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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

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

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Other areas of specialty/work

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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
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