

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Investigation of the combined effect of fibular reposition taping and facilitatory fibularis longus taping on balance of patient with chronic ankle instability

Protocol summary

Study aim

Determine the combined effect of fibular reposition taping and facilitatory fibularis longus taping on balance of patient with chronic ankle instability

Design

Two arm parallel group randomized trial with blinded randomization according to random allocation

Settings and conduct

Study place: Shiraz University of Medical Sciences.
Design: two tailed blinded; evaluation before and after taping

Participants/Inclusion and exclusion criteria

Inclusion criteria: history of at least one significant ankle sprain; the initial sprain must have occurred at least 12 months prior to the study enrollment; the most recent injury must have occurred more than 3 months prior to the study enrollment. Exclusion criteria: history of the 'giving way' and/or recurrent sprain and/or 'feelings of instability'. A general self-reported foot and ankle function questionnaire is recommended to describe the level of disability exclusion: A history of previous surgeries A history of a fracture Acute injury to the musculoskeletal structures of other joints of the lower extremity in the previous 3 months, symptom of neurologic impairments non treated sprains spine disease sensitivity of skin to tape

Intervention groups

Placebo taping; treatment: combined of facilitatory fibularis longus and fibular reposition taping

Main outcome variables

Balance; postural control; limit of stability

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180820040841N1**

Registration date: **2019-03-18, 1397/12/27**

Registration timing: **prospective**

Last update: **2019-03-18, 1397/12/27**

Update count: **0**

Registration date

2019-03-18, 1397/12/27

Registrant information

Name

Amir Nejati

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 83 5829 1673

Email address

nejati_a@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-03-21, 1398/01/01

Expected recruitment end date

2019-06-22, 1398/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigation of the combined effect of fibular reposition taping and facilitatory fibularis longus taping on balance of patient with chronic ankle instability

Public title

Investigation of the combined effect of fibular reposition taping and facilitatory fibularis longus taping on balance of patient with chronic ankle instability

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

At least have one sprain First sprain occur 12 month before study At least 3 month spent from last sprain Have a history of giving way or recurrent sprain or have a feeling of instability.in this study will use of Cumberland Ankle Instability Instrument. Foot and ankle ability measure for determine level of instability

Exclusion criteria:

History of previous surgeries to the musculoskeletal structures History of a fracture in either lower extremity requiring realignment. Acute injury to the musculoskeletal structures of other joints of the lower extremity in the previous 3 months, which impacted joint integrity and function Abnormal neurological signs Severe non treated sprains Disease of spines Severe skin sensitivity

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Outcome assessor
- Data analyser

Sample size

Target sample size: 20

Randomization (investigator's opinion)

Randomized

Randomization description

By random allocation software

Blinding (investigator's opinion)

Double blinded

Blinding description

this is a two tail blind study and in this study patient and investigators are blind to intervention.

Placebo

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee**

Name of ethics committee

Ethics committee of Shiraz University of Medical Sciences

Street address

Shiraz University of Medical Sciences, Zand street

City

Shiraz

Province

Fars

Postal code

1433671348

Approval date

2018-12-19, 1397/09/28

Ethics committee reference number

IR.SUMS.REHAB.REC.1397.011

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

Chronic ankle instability

ICD-10 code

S93.4

ICD-10 code description

Sprain and strain of ankle

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

Postural control

Timepoint

Before taping, immediately after taping and 48 hours after taping

Method of measurement

Biodex balance SD

2**Description**

Limit of stability

Timepoint

Before taping, immediately after taping and 48 hours after taping

Method of measurement

Biodex balance SD

Secondary outcomes**1****Description**

Joint position sense

Timepoint

Before taping, immediately after taping and 48 hours after taping

Method of measurement

Multi joint system

Intervention groups

1

Description

Intervention group: combined of fibular reposition taping and facilitatory fibularis longus taping.

Category

Rehabilitation

2

Description

Control group: placebo tape is apply on tibia without any tension.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Shiraz University of Medical Sciences

Full name of responsible person

Amir Nejati

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

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

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

Amir Nejati

Position

student

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

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Person responsible for updating data**Contact****Name of organization / entity**

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

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

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

IPD and method of study and report of study and cosent form will be publish after the article was be published.

When the data will become available and for how long

After publication of the article

To whom data/document is available

Specialized people

Under which criteria data/document could be used

Conditions depend on journal

From where data/document is obtainable

Library of Shiraz University of Medical Sciences and the journal that article published in that

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

After sending email to me and depend on the Journal condition

Comments