The effects of Kinesio Tape on kinesiophobia, balance and functional performance of athletes post anterior cruciate ligament reconstruction, in the return-to-sport phase

Protocol summary

Study aim
The effects of Kinesio Tape on kinesiophobia, balance and functional performance of athletes post anterior cruciate ligament reconstruction, in the return-to-sport phase

Design
Volunteers will be introduced to the study after they are aware of the conditions for participation in the research, how to carry out evaluations and interventions, and complete the form of satisfaction. Participants will then be randomly divided into two intervention groups (real Keynesian) and control (Kinezapid Placebo) randomly by percutaneous blocking.

Settings and conduct
After applying brigade-type and placebo, agility tests and fear-movement questionnaires are taken immediately after the brigade and 48 hours later.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Being athlete based on the Tagner questionnaire (earning a score of over 5 from Tagner’s Questionnaire) (48) The presence of kinizophobia based on the Tampa questionnaire (score higher than 37) Six months to twelve months of unilateral anterior cruciate ligament injury Full hip, knee and wrist range in both legs Walking Mode (Gait) Normal Exit criteria: Severe pain, swelling and limitation of the range of motion in the knees Having dizziness and involvement of the Vestibular system Major orthopedic, neurological or rheumatologic injuries in the lower extremities History of previous surgery in the lower extremity Difference in legs

Intervention groups
Typing therapy group: Kinesiotyping of the knee is done by applying stretching. Group Placebo: In the control group, the same method and method of taping the treatment group is performed without any traction.

Main outcome variables
Score of Tampa questionnaire Single-hop test jump The length of the star test has been changed in 3 directions A record of functional testing time

General information
Reason for update
Acronym
IRCT registration information
IRCT registration number: IRCT20190130042556N1 Registration date: 2019-02-12, 1397/11/23 Registration timing: registered_while_recruiting

Last update: 2019-02-12, 1397/11/23 Update count: 0

Registration date
2019-02-12, 1397/11/23

Registrant information
Name
Milad Gholami
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 83 3827 8666
Email address
miladgholami1991@gmail.com

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2019-01-21, 1397/11/01
Expected recruitment end date
2019-03-21, 1398/01/01
Actual recruitment start date
empty
Actual recruitment end date
empty
Scientific title
The effects of Kinesio Tape on kinesiophobia, balance and functional performance of athletes post anterior cruciate ligament reconstruction, in the return-to-sport phase

Public title
The effects of Kinesio Tape on kinesiophobia, balance and functional performance of athletes post anterior cruciate ligament reconstruction, in the return-to-sport phase

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
People who 6-12 month after ACL reconstruction surgery
Those who are scared to move on the basis of the Tampa questionnaire above 37
Being athlete on the basis of the Tagner questionnaire (earning a score of over 5 from the Tagner questionnaire)
Full hip, knee and wrist range in both legs
Walking Mode (Gait) Normal

Exclusion criteria:
Severe pain, swelling and limitation of the range of motion in the knees
Having dizziness and involvement of the Vestibular system
Major orthopedic, neurological or rheumatologic injuries in the lower extremities
History of previous surgery in the lower extremity
Difference in length legs

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
Using the permutation block method. First we define 6 modes for 4 permutational blocks, then we use 5 random numbers using the computer, and based on the numbers obtained, as well as the number of blocks, we put them together in each other until the 20 permutations are equally and completely randomized into 2 groups 10 people divided.

Blinding (investigator's opinion)
Double blinded

Blinding description
Patients and Evaluator

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, Faculty of Rehabilitation, Shiraz University of Medical Sciences

City
Shiraz

Province
Fars

Postal code
6719987945

Approval date
2019-01-25, 1397/11/05

Ethics committee reference number
IR.SUMS.REHAB.REC.1397.017

Health conditions studied

1

Description of health condition studied
ACL Reconstruction Surgery

ICD-10 code
S83.5

ICD-10 code description
Sprain of cruciate ligament of knee

Primary outcomes

1

Description
Fear of movement in the questionnaire score Tampa

Timepoint
Before, immediately and 48 hours after the intervention

Method of measurement
Fear of movement Scale Questionnaire

Secondary outcomes

1

Description
Level Of Functional Activity

Timepoint
Before, immediately and 48 hours after the intervention

Method of measurement
Functional Tests
Intervention groups

1
Description
Intervention group: Kinesiotaping of knee; In order to apply kinesiology in the intervention group, the 5-cm Kinsey Brigade 50% stretch along the quadriceps muscle is drawn from the beginning of the muscle, and then it is pulled apart and the two sides of the trunk are lowered. Then we use a type I-shaped cut so that it can be tipped from the tibia protrusions up to 5 cm above the femoral condylar, with the aim of correcting knee movements and stimulating surface receptors. By placing the knee in a range of 80 to 90 degrees, open the brigade from the middle and place it in full tension on the tibia's prominence and then gradually reduce the traction of the tracks, 50% are attached to the femoral condylids.

Category
Rehabilitation

Recruitment centers

1
Recruitment center
Name of recruitment center
Sports Medicine Board of Kermanshah Province
Full name of responsible person
Milad Gholami
Street address
Kermanshah, Shahid Beheshti Blvd., Azadi Stadium
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Sponsors / Funding sources

1
Sponsor
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Dr. Fahimeh Kamali
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Email
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Web page address
https://www.sums.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
Milad Gholami
Proportion provided by this source
100
Public or private sector
Private
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Persons

Person responsible for general inquiries
Contact
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Milad Gholami
Position
Master of Sport Physiotherapy
Latest degree
Master
Other areas of specialty/work
Physiotherapy
Street address
Al-Haya Town, Provincial 2, Marsh Bahramabadi 45-meter Shrine, Block 32, No. 20
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Position
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Other areas of specialty/work
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available

Study Protocol
Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available

Analytic Code
Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available