Clinical Trial Protocol
Iranian Registry of Clinical Trials
27 Sep 2020

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

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

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
People who 6-12 months 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 outcomes

Primary outcomes

Health conditions studied

Description of health condition studied
ACL Reconstruction Surgery

ICD-10 code
S83.5

ICD-10 code description
Sprain of cruciate ligament of knee

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

Secondary Ids
empty

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
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 condylos, 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

2 Description
Control group: Kinesiotaping without stretch (Placebo) Of Knee; Exactly the kineziotype stages of the treatment group are performed, but without kineziotype kineziotyping.

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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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

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Person responsible for updating data

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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