

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

The effect of kinesiotaping on the plantar arch index among 2-6 years old spastic diplegic children with cerebral palsy

Protocol summary

Study aim

Identifying the effect of kinesiotaping on the plantar arch index among 2-6 years old spastic diplegic children with cerebral palsy

Design

The study clinical trial and not blinded and of 20 patients is randomly will divide into 2 groups. The groups are parallel. The trial phase is 3

Settings and conduct

Candidates cerebral palsy in Sepehr occupational therapy center are divided into 2 groups by simple randomization with envelopes. The study is not blind.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Having diplegic spastic cerebral palsy, ages 2-6 years
Exclusion criteria: Dissatisfaction

Intervention groups

The control group will benefit from ordinary rehabilitation exercises to reduce their flat feet deformity, while the intervention group will receive kinesiotaping beside the ordinary exercises. Both groups will be evaluated before and after the study(after 4 months).

Main outcome variables

plantar arch index

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190214042710N1**

Registration date: **2021-05-15, 1400/02/25**

Registration timing: **registered_while_recruiting**

Last update: **2021-05-15, 1400/02/25**

Update count: **0**

Registration date

2021-05-15, 1400/02/25

Registrant information

Name

Mohammad Karim Golnari

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 24 3377 3234

Email address

mohamad.3602@zums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-04-21, 1400/02/01

Expected recruitment end date

2022-04-21, 1401/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of kinesiotaping on the plantar arch index among 2-6 years old spastic diplegic children with cerebral palsy

Public title

The effect of kinesiotaping on the plantar arch index

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Diplegia cerebral palsy Age 2 to 6 years

Exclusion criteria:

Dissatisfaction

Age

From **2 years** old to **6 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 20

Randomization (investigator's opinion)

Randomized

Randomization description

Simple individual randomization with random allocation with envelopes in 2 groups A and B . In this method, we selected a number of cards or letters as an intervention group and the same number of cards for the control group, then the cards were merged. One card was taken out and its allocation was registered and the card was returned to the other cards after leaving. Then the cards are merged again and we remove another card. This process continues to reach a random sequence according to sample size.

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Other

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Zanjan University of Medical Sciences

Street address

Occupational therapy department, School of paramedical sciences, Parvin Etesami Blvd

City

Zanjan

Province

Zanjan

Postal code

4515786349

Approval date

2018-03-06, 1396/12/15

Ethics committee reference number

IR.ZUMS.REC.1396.312

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

cerebral palsy

ICD-10 code

G80.1

ICD-10 code description

Spastic diplegic cerebral palsy

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

plantar arch index

Timepoint

at the start and the end of the study(after 4 months)

Method of measurement

Staheli method

Secondary outcomes

empty

Intervention groups**1****Description**

Control group: Common plantar flattening exercises were used. Common exercises performed in the control group include: 1. Walking with the outer edge of the legs, 2. Walking in a T-shape so that the front leg rotates inwards horizontally when walking, 3. The person sits and places his or her legs with the knee in full extension. And at the same time stretch the gastrocnemius muscle by bringing his hands to the toe, 4. standing with the inverted foot, 5. walking on the heel, 6. standing on the wall to stretch the muscles of the back leg, 7. Walking with the heel cycle, the outer edge and getting up on the toe, 8. Getting up on the toe with the supine foot, 9. Drawing a circle with the toes of both feet while sitting, 10. The person is standing on the stairs with his toes on Stand out from the edge of the stairs, at which point the person tries to bend their fingers. Exercises are done for 4 months.

Category

Treatment - Other

2**Description**

Intervention group: In addition to the mentioned exercises, kinesiotyping (Stretching exercises for shortened muscles and strengthening exercises for weak muscles) method was used. Stretching exercises included exercises to stretch the short fibularis muscles, long fibularis gastrocnemius, and strengthening exercises exercises included strengthening the posterior and anterior tibialis muscles, the soleus muscles, and the flexor muscles of the toes.Exercises are done for 4 months.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Sepehr occupational therapy center

Full name of responsible person

Mohammad Karim Golnari

Street address

No. 20, Alborz Bldg, Ghaleh Ave, Saadi St

City

Zanjan

Province

Zanjan

Postal code

4513954215

Phone

+98 24 3332 6176

Email

mohamad.3602@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Zanjan University of Medical Sciences

Full name of responsible person

Dr. Alireza Shoghli

Street address

Azadi Square, Zanjan

City

Zanjan

Province

Zanjan

Postal code

45154

Phone

+98 24 3342 0651

Email

research@zums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Zanjan 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

Zanjan University of Medical Sciences

Full name of responsible person

Mohammad Karim Golnari

Position

faculty member

Latest degree

Master

Other areas of specialty/work

Occupational Therapy

Street address

occupational therapy department, Paramedical science school, Parvin Etesami Blvd

City

Zanjan

Province

Zanjan

Postal code

4515786349

Phone

+98 24 3378 1300

Email

mohamad.3602@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Zanjan University of Medical Sciences

Full name of responsible person

Mohammad Karim Golnari

Position

faculty member

Latest degree

Master

Other areas of specialty/work

Occupational Therapy

Street address

Occupational therapy department, School of paramedical sciences, Parvin Etesami Blvd

City

Zanjan

Province

Zanjan

Postal code

4515786349

Phone

+98 24 3378 1300

Email

mohamad.3602@gmail.com

Person responsible for updating data

Contact

Name of organization / entity

Zanjan University of Medical Sciences

Full name of responsible person

MohammadKarim Golnari

Position

faculty member

Latest degree

Master

Other areas of specialty/work

Occupational Therapy

Street address

Occupational therapy department, School of
paramedical sciences, Parvin Etesami Blvd

City

Zanjan

Province

Zanjan

Postal code

4515786349

Phone

+98 24 3378 1300

Email

mohamad.3602@gmail.com

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

Undecided - It is not yet known if there will be 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

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

Data Dictionary

Not applicable

Title and more details about the data/document

All the data will be potentially accessible after making
the identification of cases unrecognizable.

When the data will become available and for how long

6 months after the conclusion publication

To whom data/document is available

Researchers working in universities and scientific centers

Under which criteria data/document could be used

Using for rehabilitation and medical studies will be
allowed

From where data/document is obtainable

Please ask your request using the following email
address mohamad.3602@gmail.com Mohammad Karim
Golnari

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

They must send their request via email and expect the
response in about 2 weeks.

Comments