Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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 into2 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)

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+98 24 3377 3234

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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:
Dipplegia 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
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Zanjan University of Medical Sciences
Full name of responsible person
Dr. Alireza Shoghli
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Azadi Square, Zanjan
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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
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
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Person responsible for scientific inquiries

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Person responsible for updating data

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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
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