

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Immediate effects of Kinesio Taping on pain, joint effusion, Knee Range of Motion, and quadriceps muscle activity in Acute phase Anterior Cruciate Ligament reconstruction

Protocol summary

Study aim

assess of Immediate effects of Kinesio Taping on pain, joint effusion, knee Range of Motion, and quadriceps muscle activity in Acute Phase Anterior Cruciate Ligament reconstruction

Design

The study is single blind clinical trial type

Settings and conduct

This study will be conducted on volunteer patients with ACL reconstruction by hamstring graft in first tow weeks after surgery, in Zahedan, Razmjoo moghaddam physiotherapy clinic of university of medical sciences. Patients will be entered randomly to one of the routine or kinesio taping groups. The patients will only be informed of their group

Participants/Inclusion and exclusion criteria

patient with unilateral ACL reconstruction with hamstring tendon graft, this subjects have no previous history of FX, DX & structural malformation in lower limbs

Intervention groups

group of routine physiotherapy treatment which include using from bracing, CPM, electrical stimulation, quad set & ankle pump & knee extension exercise (close kinematic chain in 0-60 degree & open kinematic chain in 40-90 degree). other group which received kinesio taping in addition to routine physiotherapy & called kinesio tape group

Main outcome variables

level of quadriceps electrical activity in electromyography level, free passive range of motion of knee, pain & swelling

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180714040466N3**

Registration date: **2020-12-28, 1399/10/08**

Registration timing: **retrospective**

Last update: **2020-12-28, 1399/10/08**

Update count: **0**

Registration date

2020-12-28, 1399/10/08

Registrant information

Name

Fateme Ghiasi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 54 3341 6708

Email address

f_ghiasi_p@zaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-07-23, 1398/05/01

Expected recruitment end date

2019-12-22, 1398/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Immediate effects of Kinesio Taping on pain, joint effusion, Knee Range of Motion, and quadriceps muscle activity in Acute phase Anterior Cruciate Ligament

reconstruction

Public title

Immediate effects of Kinesio Taping on pain, joint effusion, Knee Range of Motion, and quadriceps muscle activity in Acute phase Anterior Cruciate Ligament reconstruction

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

years: range: 18_45, males @ females unilateral ACL reconstruction with hamstring tendon graft without meniscus repair patients should refer in 2 weeks after ACL reconstruction no previous history of lower limbs Fracture, dislocation or structural malformation

Exclusion criteria:

bilateral ACL reconstruction with hamstring tendon graft ACL reconstruction with bone patellar tendon bone graft patients refer after 2 weeks from surgery history of fracture, dislocation & structural malformation in lower limbs

Age

From **18 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Patients will be selected by available sampling method. then by randomization permutation blocks method will enter the two groups: A: routine treatment group B: kinesiotaping group. In this method, after determining the age and sex, patients will enter the research in the following order: BBAAABABBAABABABBAABAABABBBAAAB In this method, for example patient number 1 will enter group B and patient number 3 will enter group A and so on it will continue.

Blinding (investigator's opinion)

Single blinded

Blinding description

Patients are considered blind regardless of the difference in treatment methods of the groups.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Zahedan University of Medical Sciences

Street address

Dr. Hesabi street, Zahedan University of Medical Sciences

City

Zahedan

Province

Sistan-va-Balouchestan

Postal code

9816743463

Approval date

2019-07-31, 1398/05/09

Ethics committee reference number

IR.ZAUMS.REC.1398.175

Health conditions studied

1

Description of health condition studied

ACL reconstruction

ICD-10 code

S83.5

ICD-10 code description

Sprain of cruciate ligament of knee

Primary outcomes

1

Description

level of quadriceps electrical activity in electromyography level

Timepoint

first day & forth day

Method of measurement

in this study use from surface electromyography (Bio Graph infinity, 2180 Belgrave Avenue, Montreal, QC H4A 2L8 Canada)

2

Description

free passive range of motion of knee

Timepoint

first day & forth day

Method of measurement

continuous passive motion machine, kinetic , spectra

3

Description

pain

Timepoint

first day & forth day

Method of measurement

Visual Analogue Scale

4**Description**

swelling

Timepoint

first day & forth day

Method of measurement

measuring tape

Secondary outcomes

empty

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

Intervention group: kinesiotaping group, in this group use from kinesiotaping application addition to routine physiotherapy program after acl reconstruction

Category

Treatment - Devices

2**Description**

Intervention group: routine physiotherapy group

Category

Rehabilitation

Recruitment centers**1****Recruitment center****Name of recruitment center**

RAZMJOU MOGHADDAM physiotherapy clinic

Full name of responsible person

ashkan azarkish

Street address

Dept. of Physiotherapy, School of Rehabilitation Sciences, Razmejo Moghadam Laboratory, Ayatoallah Kafami St.

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Zahedan University of Medical Sciences

Full name of responsible person

Dr hoseynifar

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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

Zahedan 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**

Zahedan University of Medical Sciences

Full name of responsible person

Fateme Ghiasi

Position

Assistance professor

Latest degree

Ph.D.

Other areas of specialty/work

Physiotherapy

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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)

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