

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of kinesio taping on control of posture ,kinematic and knee joint proprioception in physically active female with dynamic knee valgus

Protocol summary

Study aim

The purpose of this study is to investigate the effect of kinesio taping on control of posture, kinematic and knee joint proprioception in physically active women with dynamic knee valgus.

Design

Clinical trial with placebo control group, with arallel groups, single blinded, randomized

Settings and conduct

The tests will be carried out by the specialists at the Sport Rehabilitation in One Gym in Roomeshgan City. During the testing, the participant will be unaware of the main purpose of the research.

Participants/Inclusion and exclusion criteria

The inclusion criteria included: age range 18 to 28 years, having a knee dynamic valgus angle of more than 12 degrees, having at least two years of regular sports experience, and exclusion criteria including: history of mechanical back pain in the past year, history of any damage in the past six months, History of knee surgery, History of ankle surgery.

Intervention groups

"Intervention group": kinesio taping group (kinesio tape with yellow color, ATEX brand made in South Korea) will be applied to the muscles of the gluteus medius with tension %20 and tibialis anterior with %50 tension for 48 hours, then kinematic, control of posture and knee joint proprioception will be measured before and after application of kinesio taping. "Placebo Control group": placebo control group (kinesio tape with yellow color, ATEX brand made in South Korea no tension) will be applied to the muscles of the gluteus medius and tibialis anterior with no tension for 48 hours, then kinematic, control of posture and knee joint proprioception will be measured before and after application of kinesio taping. therefore, the first group really applied kinesiotope and the second group will be applied as placebo kinesiotope .

Main outcome variables

Disorder in control of posture, proprioception and knee

joint kinematic .

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200222046573N1**

Registration date: **2020-12-07, 1399/09/17**

Registration timing: **retrospective**

Last update: **2020-12-07, 1399/09/17**

Update count: **0**

Registration date

2020-12-07, 1399/09/17

Registrant information

Name

hosnieh Roomiani

Name of organization / entity

Bu- Ali sina university

Country

Iran (Islamic Republic of)

Phone

+98 66 3266 2428

Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-06-30, 1399/04/10

Expected recruitment end date

2020-09-09, 1399/06/19

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of kinesiio taping on control of posture ,kinematic and knee joint proprioception in physically active female with dynamic knee valgus

Public title

The effect of kinesiio taping on dynamic knee valgus

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

age range 18 to 28 years Having a knee dynamic valgus angle of more than 12 degrees Having at least two years of regular sports experience

Exclusion criteria:

History of mechanical back pain in the last year History of any damage in the last six months History of knee surgery History of ankle surgery.

Age

From **18 years** old to **28 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **26**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization was done by lottery in which the participant choose one of two papers ("intervention" and "placebo control").

Blinding (investigator's opinion)

Single blinded

Blinding description

Patients will not know in which group will they be placed because in both groups the kinesiotape will be glued to the same area of the thigh and leg and in both groups, the size of the attached tape was the same .the only difference between the two group was that in the kinesiotape group was taped by the Kinesiotape with tension, while the placebo group was taped with Kinesiotape but with-out any tension and patients did not notic any difference in kinesiotaping tension.

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Hamedan University of Medical Sciences

Street address

Bu Ali Sina University, Abu Taleb St, Modares Quarter, Hamedan

City

Hamedan

Province

Hamadan

Postal code

3869565178

Approval date

2019-12-13, 1398/09/22

Ethics committee reference number

IR BASU.REC.1398.019

Health conditions studied

1

Description of health condition studied

Dynamic Knee Valgus

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Disorder in kinematic

Timepoint

Before the intervention begins and 48 hours after the end of the intervention

Method of measurement

Kinovea software

2

Description

Disorder in control of posture

Timepoint

Before the intervention begins and 48 hours after the end of the intervention

Method of measurement

Y balance test and Bess balance test

3

Description

Disorder in knee joint properioception

Timepoint

Before the intervention begins and 48 hours after the end of the intervention

Method of measurement

goniameter

Secondary outcomes

1

Description

Knee flexion and valgus angles.

Timepoint

Before the intervention begins and 48 hours after the end of the intervention

Method of measurement

kinovea software

2

Description

Balance scores

Timepoint

Before the intervention begins and 48 hours after the end of the intervention

Method of measurement

Y balance test and Bess balance test

3

Description

Joint angle reconstruction error

Timepoint

Before the intervention begins and 48 hours after the end of the intervention

Method of measurement

goniometer

Intervention groups

1

Description

Intervention group: kinesio taping group (kinesio tape with yellow color ATEX brand made in South Korea) will be applied to the muscles of the gluteus medius with %20 tension and tibialis anterior with %50 tension for 48 hours, then kinematic, control of posture and knee joint proprioception will be measured before and after application of kinesio taping.

Category

Rehabilitation

2

Description

Control Placebo group": control placebo group with kinesiotape (kinesio tape with yellow color ATEX brand made in South Korea) intervention as the first intervention group but without tension will be applied to the muscles of the gluteus medius and tibialis anterior for 48 hours, then kinematic, control of posture and knee joint proprioception will be measured before and after application of kinesio taping.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Committee of volleyball of Roomeshgan

Full name of responsible person

Hosnieh Roomiani

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Golestan15 St, Roomiani Village, Township Roomeshgan, Lorestan

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Bu Ali Sina University

Full name of responsible person

Farzane Saki

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Bu Ali Sina University, Abu Taleb St, Modares Quarter, Hamedan

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Grant name

Grant code / Reference number

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

No

Title of funding source

Bu Ali Sina University

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

Email

hosnieh1373@gmail.com

Person responsible for general inquiries

Contact

Name of organization / entity

Bu Ali sina university

Full name of responsible person

Hosnieh Roomiani

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Sport Rehabilitation

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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