Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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 properioception 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 properioception will be measured before and after application of kinesio taping. therefore, the first group really applied kinesiotape and the second group will be applied as placebo kinesiotape .

Main outcome variables
Disorder in control of posture, properioception 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

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hosnieh Roomiani

Name of organization / entity
Bu- Ali sina university

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Iran (Islamic Republic of)

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

Public title
The effect of kinesio 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
goniameter

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 properioception 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 properioception 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
Street address
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
Street address
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

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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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