

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jun 2026

The role of Kinesiotaping and Athletic Tape on Lumbopelvic Control Weakness in Elite Athletes

Protocol summary

Study aim

The role of Kinesiotaping and Athletic Tape on Lumbopelvic Control Weakness in Elite Athletes

Design

Non-random controlled trial, with control group, with parallel groups,

Settings and conduct

This study will be conducted in Razi University Sports Rehabilitation Laboratory. In this non-randomized trial, 60 athletes in volleyball, handball and basketball will be selected. Subjects will be purposefully and non-randomly divided into two groups (Case (n = 30 groups with lumbopelvic control disorder). In both groups in the pre-test stage, the variables of foot pressure, landing mechanism, lower limb kinematics, muscle strength Lower limb, balance and lower limb function will be evaluated, then in one group the kinesio tape and athletic tape will be used to stabilize the lumbopelvic complex and in the other group will not be used immediately after the kinesio tape and athletic tape will be studied.

Participants/Inclusion and exclusion criteria

Entry: Includes elite athletes in sports (basketball, handball, volleyball), member of the national team and national league with at least 2 years of experience in national competitions, age range 18-30 years, without injury in the last 6 months Exit criteria: Participate in rehabilitation and therapeutic exercise program in the last 6 months, have a history of injury in the last 6 months in the trunk and lower limbs, have a history of surgery in the lower back

Intervention groups

Group 1: subjects with lumbopelvic control disorder No intervention kinesio tape and athletic tape Group 2: subjects with lumbopelvic control disorder With intervention kinesio tape and athletic tape

Main outcome variables

lumbopelvic control

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200319046817N1**

Registration date: **2020-08-09, 1399/05/19**

Registration timing: **prospective**

Last update: **2020-08-09, 1399/05/19**

Update count: **0**

Registration date

2020-08-09, 1399/05/19

Registrant information

Name

pari fadaei

Name of organization / entity

Razi university

Country

Iran (Islamic Republic of)

Phone

+98 38 3324 5255

Email address

p.fadaei2018@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-08-22, 1399/06/01

Expected recruitment end date

2020-09-22, 1399/07/01

Actual recruitment start date

2020-08-22, 1399/06/01

Actual recruitment end date

2020-09-22, 1399/07/01

Trial completion date

2020-09-22, 1399/07/01

Scientific title

The role of Kinesiotaping and Athletic Tape on Lumbopelvic Control Weakness in Elite Athletes

Public title

The role of Kinesiotaping and Athletic Tape on Lumbopelvic Control Weakness in Elite Athletes

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

elite athletes in sports (basketball, handball, volleyball)
At least 2 years of experience in national competitions and national teams age range 18-30 years without injury in the last 6 months

Exclusion criteria:

Participate in rehabilitation and exercise training program in the last 6 months have a history of injury in the last 6 months in the trunk and lower limbs have a history of surgery in the lumbar region, with inflammatory spinal disease with a history of spinal fractures with a history of lumbar tumor

Age

From **18 years** old to **30 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Actual sample size reached: **60**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research Ethics Committee of Razi University of Kermanshah

Street address

Pireghar, Farsan

City

Sharerkord

Province

Chahar-Mahal-va-Bakhtiari

Postal code

8861137357

Approval date

2020-06-02, 1399/03/13

Ethics committee reference number

IR.RAZI.REC.1399.007

Health conditions studied

1

Description of health condition studied

Lower extremity injuries

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

lumbopelvic control

Timepoint

Before the start of the intervention and 2 hours after the end of the intervention

Method of measurement

biofeedback pressure

Secondary outcomes

1

Description

Foot pressure.

Timepoint

Before the start of the intervention and 2 hours after the end of the intervention

Method of measurement

Laboratory

2

Description

Lower extremity muscle strength

Timepoint

Before the start of the intervention and 2 hours after the end of the intervention

Method of measurement

Laboratory

3

Description

Lower limb kinematics

Timepoint

Before the start of the intervention and 2 hours after the end of the intervention

Method of measurement

Laboratory

4

Description

balance

Timepoint

Before the start of the intervention and 2 hours after the end of the intervention

Method of measurement

Laboratory

5

Description

Pasteur swing

Timepoint

Before the start of the intervention and 2 hours after the end of the intervention

Method of measurement

Laboratory

6

Description

Function

Timepoint

Before the start of the intervention and 2 hours after the end of the intervention

Method of measurement

Laboratory

Intervention groups

1

Description

Control group: without lumbopelvic control disorder: In this group, all variables predicting bed injuries such as foot pressure, balance, muscle strength and lower limb kinematics, posterior swing and athletes' performance will be evaluated.

Category

Prevention

2

Description

Intervention group: lumbopelvic control disorder group: kinseio tape and athletic tape will be used to stabilize the pelvic lumbar spine and their effectiveness will be compared. So that the variables will be studied immediately after the kinseio tape and athletic tape.

Category

Rehabilitation

Recruitment centers

1

Recruitment center**Name of recruitment center**

Razi University Sports Science Laboratory

Full name of responsible person

Pari Fadaei Dehcheshmeh

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Pireghar, Farsan

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6714414874

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+98 83 3428 3276

Fax**Email**

p.fadaei2018@gmail.com

Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

Razi University

Full name of responsible person

Farzad Vaysi

Street address

Bagh Aabrisham, Razi Uni

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Kermanshah

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6714414874

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p.fadaei2018@gmail.com

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Razi University

Proportion provided by this source

10

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**

Razi University

Full name of responsible person

Pari Fadaei

Position

Student

Latest degree

Master

Other areas of specialty/work

Sport injury/ Corrective Exercise

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Person responsible for scientific inquiries

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Full name of responsible person

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

There is no further information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available