

# 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

**Street address**

Pireghar, Farsan

**City**

Shahrekord

**Province**

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**Postal code**

6714414874

**Phone**

+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

**City**

Kermanshah

**Province**

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**Phone**

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**Email**

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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**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