# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

22 Nov 2026

## Comparison of The Effect of a period Wobble Board training with and without Cognitive intervention on balance, ankle proprioception, and some jump landing kinetic parameters of the active men with chronic ankle instability

## Protocol summary

**Study aim**

Comparison of The effect of a period Wobble board training with and without Cognitive intervention on balance, ankle proprioception, and some jump landing kinetic parameters of the active men with chronic ankle instability

**Design**

The present study consisted of 21 active men with chronic ankle instability who were targeted (according to the Inclusion and exclusion criteria and using the FADI and FADI-S questionnaire and with the approval of a physician. ) Are selected and randomly divided into three groups of 7: controls, Wobble board Exercises and Wobble board Exercises with Cognitive Intervention

**Settings and conduct**

21 patients with chronic ankle instability were randomly divided into 3 intervention and control groups. The two experimental groups performed their exercises for 5 weeks and 3 sessions per week by warming and cooling before and after exercise.

**Participants/Inclusion and exclusion criteria**

Inclusion criteria Active men between the ages of 18 and 25, BMI between 18 and 25, a history of at least 2 reports of giving way in the last 6 months, the last injury occurred more than 6 weeks before the start of the study, A history of at least one significant ankle lateral spray on one side that has caused pain and decreased function for more than a day. Exclusion criteria History of vestibular or neuro-musculoskeletal disorders, history of lower limb surgery, lower limb injury for at least 6 months prior to this study, having abnormalities Musculoskeletal system in the lower extremities such as flat feet, genu varum, physiotherapy or participation in physical rehabilitation in the last 3 months.

**Intervention groups**

Three groups of seven people wobble board exercises, wobble board exercises with Cognitive intervention and control group

**Main outcome variables**

Balance, Ankle proprioception, and some jump landing kinetic parameters of the active men with chronic ankle instability

## General information

**Reason for update**

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT20200617047818N1**
Registration date: **2021-02-05, 1399/11/17**
Registration timing: **retrospective**

Last update: **2021-02-05, 1399/11/17**
Update count: **0**

**Registration date**

2021-02-05, 1399/11/17

**Registrant information**

**Name**

Abed Taghavi asl

**Name of organization / entity**

Kharazmi University

**Country**

Iran (Islamic Republic of)

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**Email address**

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**Recruitment status**

**Recruitment complete**

**Funding source**

**Expected recruitment start date**
2020-12-10, 1399/09/20
**Expected recruitment end date**
2020-12-30, 1399/10/10
**Actual recruitment start date**
empty
**Actual recruitment end date**
empty
**Trial completion date**
empty

**Scientific title**
Comparison of The Effect of a period Wobble Board training with and without Cognitive intervention on balance, ankle proprioception, and some jump landing kinetic parameters of the active men with chronic ankle instability

**Public title**
Comparison of The Effect of Wobble board training with and without Cognitive intervention on the active men with chronic ankle instability
**Purpose**
Treatment
**Inclusion/Exclusion criteria**
**Inclusion criteria:**
Active men between 18 and 25 years old. BMI is between 18 and 25. History of at least 2 reports of giving way in the last 6 months. The last injury occurred more than 6 weeks before the start of the study. Ability to bear weight on the injured limb. (Finally have a slight feeling of discomfort.) History of at least one significant ankle sprain on one side that has caused pain and decreased function for more than a day.
**Exclusion criteria:**
History of vestibular or neuro-musculoskeletal disorders. History of lower limb surgery. Lower limb injury for at least 6 months prior to this study. Use of medications that affect balance, such as betahistine and blood pressure and sedative medications. Having musculoskeletal abnormalities in the lower extremities such as flat feet, genu varum. physiotherapy or participating in physical rehabilitation in the past 3 months.
**Age**
From **18 years** old to **25 years** old
**Gender**
Male

**Phase**
N/A
**Groups that have been masked**

- Outcome assessor

**Sample size**
Target sample size: **21**
**Randomization (investigator's opinion)**
Randomized
**Randomization description**
Participants will be randomized into one of three groups (Two intervention and one control) using an online randomization system (randomizer.org). A member of the research team who is not involved in the selection of samples will determine the randomization sequence using a computer program. Participants will be notified of their group allocation with a sealed envelope.
**Blinding (investigator's opinion)**
Single blinded
**Blinding description**
In this study, the outcome assessor is blind to the groups' randomization and interventions receiving by participants. in this way, during the evaluation before and after the intervention protocol, they do not make mistakes in their judgments in favor of a specific therapeutic intervention.
**Placebo**
Not used
**Assignment**
Parallel
**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**
**Name of ethics committee**
Kinesiology Research Center
**Street address**
Keshvari Educational Sport Complex, South Razan Ave., Mirdamad Blvd.
**City**
Tehran
**Province**
Tehran
**Postal code**
15447-33111
**Approval date**
2021-01-13, 1399/10/24
**Ethics committee reference number**
IR.SSRC.REC.1399.119

## Health conditions studied

### 1

**Description of health condition studied**
Chronic ankle instability
**ICD-10 code**
M25.37
**ICD-10 code description**
Other instability, ankle and foot

### 2

**Description of health condition studied**
Athlete
**ICD-10 code**
Y93
**ICD-10 code description**
Activity codes

## Primary outcomes

**1**

**Description**
Balance
**Timepoint**
Before the intervention and after the last intervention session.
**Method of measurement**
Dynamic balance with Y balance test and static balance with balance error scoring system.

**2**

**Description**
Ankle proprioception
**Timepoint**
Before the intervention and after the last intervention session.
**Method of measurement**
Subjects' ankles are evaluated using an isokinetic device in the reconstruction of two positions of 15 degrees of inversion and a maximum inversion of minus 5 degrees.

**3**

**Description**
Some jump landing kinetic parameters
**Timepoint**
Before the intervention and after the last intervention session.
**Method of measurement**
Ground reaction force information during jump-landing task is recorded using force plate (Kistler, Winterthor, Switzerland, 1000 Hz).

## Secondary outcomes

empty

## Intervention groups

**1**

**Description**
Intervention group: For 5 weeks, three sessions per week, 5 sets, each set 40 seconds, every 10 seconds to rotate alternately, one minute rest between each set, standing in three positions: standing, standing on non-engaged leg, and standing on foot Involved, wobble board exercises
**Category**
Rehabilitation

**2**

**Description**
Intervention group: For 5 weeks, three sessions per week, 5 sets, each set 40 seconds, every 10 seconds to rotate alternately, one minute rest between each set, standing in three positions: standing, standing on non-involved foot, and standing on foot Involved, wobble board exercises with seven countdowns from a random number between 200 and 300
**Category**
Rehabilitation

**3**

**Description**
Control group: This group carries out its daily value activities.
**Category**
N/A

## Recruitment centers

**1**

**Recruitment center**
**Name of recruitment center**
Institute of Physical Education and Sports Sciences
**Full name of responsible person**
Abed Taghavi Asl
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## Sponsors / Funding sources

**1**

**Sponsor**
**Name of organization / entity**
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**Full name of responsible person**
Vice-chancellor for Research and Technology
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No. 43, 10th Floor of Office Building, Shahid Mofteh St., Tehran
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research@khu.ac.ir
**Grant name**
**Grant code / Reference number**
**Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**
Kharazmi University

**Proportion provided by this source**
30

**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**
Kharazmi University

**Full name of responsible person**
Abed Taghavi Asl

**Position**
Student

**Latest degree**
Bachelor

**Other areas of specialty/work**
Sport Medicine

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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**
Yes - There is a plan to make this available

**Statistical Analysis Plan**
Yes - There is a plan to make this available

**Informed Consent Form**
Yes - There is a plan to make this available

**Clinical Study Report**
Not applicable

**Analytic Code**
Not applicable

**Data Dictionary**
Not applicable

**Title and more details about the data/document**
With the approval of the Supervisor, all information can be shared after being unidentified.

**When the data will become available and for how long**
6 months after publishing the results in the articles and obtaining permission from the relevant university

**To whom data/document is available**
There is no limit.

**Under which criteria data/document could be used**
There are no restrictions except for personal data.

**From where data/document is obtainable**

To the person in charge of this research, Mr. Abed Taghavi Asl

**What processes are involved for a request to access data/document**

Contact Mr. Abed Taghavi Asl and coordination with the supervisor and the Department of Sports Pathology, Kharazmi University of Tehran, information can be provided.

**Comments**