

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

Effects of Kinesiology taping with conventional rehabilitation program on lower extremity function and disability in athletes with chronic ankle instability

Protocol summary

Study aim

The aim of the study is to examine the effects of conventional rehabilitation program with and without Kinesiology taping for athletes with chronic ankle instability.

Design

Randomized controlled trial a single blinded study

Settings and conduct

Pakistan Sports Board, Lahore

Participants/Inclusion and exclusion criteria

Inclusion Criteria: Participants with 18 to 40 years of age, Both genders, History of unilateral ankle sprain for at least once, History of ankle sprain which last for more than 3 months, Ankle weakness, pain ,Hop test positive on examination. Exclusion Criteria: History of ankle fracture, History of balance disorders, Any previous surgery of lower extremity, History of other musculoskeletal injuries.

Intervention groups

Group A: Group A will receive conventional rehabilitation program along with KT Taping. Ultrasound therapy will be given prior to the treatment as a baseline intervention. Group B: Group B will only receive conventional rehabilitation program. Ultrasound therapy will be given prior to the treatment as a baseline intervention.

Main outcome variables

Lower Extremity Functional Scale, The Foot and Ankle Disability (FADI) Score.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210518051338N1**

Registration date: **2021-06-23, 1400/04/02**

Registration timing: **retrospective**

Last update: **2021-06-23, 1400/04/02**

Update count: **0**

Registration date

2021-06-23, 1400/04/02

Registrant information

Name

Yusra Arif

Name of organization / entity

Riphah International University Lahore

Country

Pakistan

Phone

+92 42 32216854

Email address

yusra.arif.786@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-01-05, 1399/10/16

Expected recruitment end date

2021-06-05, 1400/03/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of Kinesiology taping with conventional rehabilitation program on lower extremity function and disability in athletes with chronic ankle instability

Public title

Effects of Kinesiology taping with conventional rehabilitation program on lower extremity function and disability in athletes with chronic ankle instability

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Participants with 18 to 40 years of age Both genders
History of ankle sprain which last for more than 3 months
Ankle weakness, pain Hop test positive History of unilateral ankle sprain for at least once

Exclusion criteria:

History of ankle fracture History of balance disorders Any previous surgery of lower extremity History of other musculoskeletal injuries

Age

From **18 years** old to **40 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

The subjects fulfilling the inclusion criteria will be enrolled after independent outcome assessor then, fish bowl method will be used for randomization. We simply write the names of all the members in a small-rolled piece of papers, then place it in a fish bowl. The subject's randomization method reduces the chances of bias group allocation.

Blinding (investigator's opinion)

Single blinded

Blinding description

The study would be single blinded as assessor of the study will be kept blind of the treatment group to which the patient will be allocated.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research & Ethical Review Committee, Riphah College of Rehab. & Allied Health Sciences.

Street address

653-E1, Johar Town, Lahore.

City

Lahore

Postal code

54000

Approval date

2021-06-07, 1400/03/17

Ethics committee reference number

REC/RCR & AHS/21/0403

Health conditions studied

1

Description of health condition studied

Foot & Ankle Disability

ICD-10 code

M25.879

ICD-10 code description

Other specified joint disorders, unspecified ankle and foot

Primary outcomes

1

Description

Foot & Ankle Disability

Timepoint

Before treatment and then on 4th week

Method of measurement

Foot and Ankle Disability Index (FADI) Score

2

Description

Lower Extremity Function

Timepoint

Before treatment and then on 4th week

Method of measurement

Lower Extremity Function Scale (LEFS)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: This group will get kinesiology taping done along the lateral side of the foot and around the back of the heel, this will be placed for a day. Prior to the treatment ultrasound therapy will be given for 10 minutes, after the end of the treatment participants will be advised to perform ankle active range of motion exercises, strengthening exercises with resistance bands, balance and coordination exercises(single leg stance exercise, static balance exercises) and then functional exercises(running, stair climbing). These exercises will be performed with 10 repetitions.

Treatment will be given for 4 weeks (three sessions per week on alternative days)

Category

Rehabilitation

2

Description

Control group: This group will receive ultrasound therapy in the start of the treatment for 10 minutes. at the end of the treatment participants will be advised to perform ankle active range of motion exercises, strengthening exercises with resistance bands, balance and coordination exercises(single leg stance exercise, static balance exercises) and then functional exercises(running, stair climbing). These exercises will be performed with 10 repetitions. Treatment will be given for 4 weeks (three sessions per week on alternative days)

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Pakistan Sports Board, Lahore.

Full name of responsible person

Nasarullah Rana

Street address

Pakistan Sports Board, Lahore

City

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Phone

+92 42 35184486

Email

Comeontrack@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Riphah International University, Lahore

Full name of responsible person

Yusra Arif

Street address

Madar-e-Millat Road, Quaid-e-Azam Industrial Estate

Quaid e Azam Industrial Estate, Lahore, Punjab

City

Lahore

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54000

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Email

yusra.arif.786@gmail.com

Grant name

Grant code / Reference number

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

No

Title of funding source

Riphah International University, Lahore

Proportion provided by this source

100

Public or private sector

Private

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

Riphah International University

Full name of responsible person

Tasneem shehzadi

Position

Senior Lecturer

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

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tasneem.shehzadi@riphah.edu.pk

Person responsible for scientific inquiries

Contact

Name of organization / entity

Riphah International University, Lahore

Full name of responsible person

Tasneem Shehzadi

Position

Senior Lecturer

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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Person responsible for updating data

Contact

Name of organization / entity
Riphah International University, Lahore
Full name of responsible person
Yusra Arif
Position
Post-graduate student
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Email
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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is 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

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Effects of Kinesiology Taping with Conventional
Rehabilitation Program on Lower Extremity Function and
Disability in Athletes with Chronic Ankle Instability

When the data will become available and for how long

After Publication

To whom data/document is available

people working in academic institutions and researchers

Under which criteria data/document could be used

on permission from investigator

From where data/document is obtainable

Through email to Investigator yusra.arif.786@gmail.com

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

Through email to Investigator yusra.arif.786@gmail.com

Comments