

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The Comparative Effectiveness of Mobilizations with Movement and Kinesio tape in Lateral Ankle Sprain; A randomized clinical trial

Protocol summary

Study aim

To evaluate the combined effect of Kinesio tape and MWM on lateral ankle sprain.

Design

Randomized clinical design

Settings and conduct

The study will done on patients of the acute, the sub acute stage of grade I, II lateral ankle sprain and patients will selected from Al-Fateh Sports Complex Faisalabad and DHQ hospital Faisalabad. participants after fullfilling the inclusion and exclusion creteria participants will selected for study and then divided into two groups.

Participants/Inclusion and exclusion criteria

Inclusion criteria: • Unilateral lateral ankle sprain, Grade II and grade I lateral ankle sprain (Kim, et al., 2018), Positive anterior drawer test (Kim, et al., 2018), Positive talar tilt test, Age of patient 15 to 30 years, Both male and female (b) Exclusion criteria: • Fracture in distal end of tibia and fibula (Kim, et al., 2018). Open wound at ankle joint (Hudson, et al., 2017). Sprain more than 72 hours. Patients having loss of ankle function by <5 degree (Shin, et al., 2020). Sensory loss at the ankle due to neurological issue (Kim, et al., 2018). Patients having skin diseases, Grade III ankle sprain.

Intervention groups

. Then patients will randomly assigned in the two groups, Experimental group (group A) and the control (group B). The Experimental group receives 3 sets of 10 MWM repetitions in one treatment session and 30 sec of rest in each set and KT tapping 3 sessions a week for 4 weeks. Control B received KT tapping 3 sessions a week for 4 weeks. Pre and Post intervention patients conditions will assess by the NRS, DPA- scale and the PSFS scale.

Main outcome variables

NRS Numeric rating scale for pain. Patient specific functional scale (PSFS) for functional activity status.3 Disablement in physically active scale (DPA scale): This scale is used to gather data about disablement in four dimensions impairment,

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210825052283N1**

Registration date: **2021-10-10, 1400/07/18**

Registration timing: **retrospective**

Last update: **2021-10-10, 1400/07/18**

Update count: **0**

Registration date

2021-10-10, 1400/07/18

Registrant information

Name

Aqsa Noreen

Name of organization / entity

The University of Faisalabad

Country

Pakistan

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Email address

mspp-fa19-002@tuf.edu.pk

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-09-10, 1400/06/19

Expected recruitment end date

2021-09-20, 1400/06/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Comparative Effectiveness of Mobilizations with Movement and Kinesio tape in Lateral Ankle Sprain; A randomized clinical trial

Public title

The Comparative Effectiveness of Mobilizations with Movement and Kinesio tape in Lateral Ankle Sprain; A randomized clinical trial

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria:

1. Unilateral lateral ankle sprain• 2. Grade II and grade I lateral ankle sprain (Kim, et al., 2018). 3.Positive anterior drawer test (Kim, et al., 2018) 4.Positive talar tilt test 5.Age of patient 15 to 30 years 6.Both male and female

Exclusion criteria:

1. Fracture in distal end of tibia and fibula (Kim, et al., 2018).• 2.Open wound at ankle joint (Hudson, et al., 2017) 3.Sprain more than 72 hours• 4.Patients having loss of ankle function by <5 degree (Shin, et al., 2020) 5.Sensory loss at the ankle due to neurological issue (Kim, et al., 2018). 6.Patients having skin diseases 7.Grade III ankle sprain

Age

From **15 years** old to **30 years** old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **34**

Randomization (investigator's opinion)

Randomized

Randomization description

The randomization of participants will be accomplished by using simple random sampling. For the random allocation of participants into groups, a lottery method will be used, where participants will have equal chance of getting enrolled into any of two groups.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

The study will be conducted in sports complex Faisalabad and DHQ hospital Faisalabad. Non probability Sampling; convenient sampling technique.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics and Technical Committee of The University of Faisalabad

Street address

The university of faisalabad Sargodha road

City

Faisalabad

Postal code

3800

Approval date

2021-05-17, 1400/02/27

Ethics committee reference number

tuf/Addl Reg/A-14/126

Health conditions studied

1

Description of health condition studied

Acute and sub acute stage of lateral ankle sprain

ICD-10 code

S93.41

ICD-10 code description

Sprain of calcaneofibular ligament

Primary outcomes

1

Description

reduction in lateral ankle sprain pain

Timepoint

after 4 weeks of intervention

Method of measurement

Different scale like numeric rating scale.

Secondary outcomes

1

Description

Patient specific functional scale (PSFS) This scale is used to collect data about Functional activity status. This scale is used to assess the patient's functional status and activity limitation. Disablement in physically active scale (DPA scale) This scale is used to gather data about disablement in four dimensions impairment.

Timepoint

after 4 weeks of intervention

Method of measurement

Patient specific functional scale (PSFS) This scale is used to collect data about Functional activity status. This scale is used to assess the patient's functional status and activity limitation. Disablement in physically active scale (DPA scale) This scale is used to gather data about disablement in four dimensions impairment.

Intervention groups

1

Description

intervention group: • 3 set of 10 MWM repetitions in one treatment session and the 30 sec of rest in each set. KT tapping 3 sessions a week for one month. Patient in sitting position with leg straight. Physiotherapist grasp the patient's distal fibula by thenar eminence and thenar eminence of opposite hand grasp the distal tibia. Physiotherapist apply the posterior cranial glide along with MWM and asked patient to actively perform the dorsiflexion range of motion of that ankle. A 75cm cohesive elastic bandage use. At start I shape Kinseiotape is applied by distal end of foot and move toward the proximal end It is started from medial side of foot and then from lateral side and at the wraps in circular direction so whole ankle is covered so that figure 8 shape tape is applied so the dorsum of foot is covered (kim, et al., 2018).

Category

Treatment - Other

2

Description

Control group: •KT tapping 3 sessions a week for one month .A 75cm cohesive elastic bandage use. At start I shape Kinseiotape is applied by distal end of foot and move toward the proximal end It is started from medial side of foot and then from lateral side and at the wraps in circular direction so whole ankle is covered so that figure 8 shape tape is applied so the dorsum of foot is covered (kim, et al., 2018).

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

DHQ Hospital Faisalabad

Full name of responsible person

Aqsa Noreen

Street address

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Phone

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Web page address

2

Recruitment center

Name of recruitment center

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Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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Web page address

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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

self financed

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

Other

Person responsible for general inquiries

Contact

Name of organization / entity

The University of Faisalabad

Full name of responsible person

Dr Sidra Majeed

Position

Assistant prof
Latest degree
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Other areas of specialty/work
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sidra.majeed@tuf.edu.pk

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
THE COMPARATIVE EFFECTIVENESS OF MOBILIZATION
WITH MOVEMENT (MWM) AND KINESIO TAPE IN LATERAL
ANKLE SPRAIN: A RANDOMIZED CLINICAL TRIAL
**When the data will become available and for how
long**
After complete research it will be available
To whom data/document is available
it will be try to show the results of this research for
medical as well as general population
Under which criteria data/document could be used
it will be try to show the results of this research for
medical as well as general population
From where data/document is obtainable
internet,articles,thesis
**What processes are involved for a request to access
data/document**
Data will be available publically
Comments