Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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
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Name of organization / entity
The University of Faisalabad

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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 randomizationof participants will 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 Committe 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. Pateint in sitting position with leg straight. Physiotherapist grasp the patients's distal fibula by thenar eminence and thenar eminence of opposite hand grasp the distal tibal. Physiotherapist apply the posterio 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
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2

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Sponsors / Funding sources

1

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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
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Position

Assistant prof

Latest degree
Master

Other areas of specialty/work
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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
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