

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Study of effect and persistence of six weeks of wobble board training and kinesiotape on joint position sense, lower extremity function and balance in athletes with functional ankle instability

#### Protocol summary

##### Study aim

Study of effect and persistence of six weeks of wobble board training and kinesiotape on joint position sense, lower extremity function and balance in athletes with functional ankle instability

##### Design

36 female athletes with functional ankle instability divided into two experimental and one control groups. The simple randomization method was used to assign individuals to two groups that in this method, random allocation software was used to create a random sequence.

##### Settings and conduct

The present study is a quasi-experimental research with a pre-test post-test design and follow up with two experimental group and a one control group. 36 Female Athletes with Functional Ankle Instability randomly divided into two experimental and one control groups. Position sense, lower extremity function and balance are measured before and after and one month after stopping exercises.

##### Participants/Inclusion and exclusion criteria

Female athletes in the age range of 20 to 30 years old; history of at least one ankle inversion injury in the last two years; ability to bear body weight; normal gait and full range of motion in the ankle joint

##### Intervention groups

First Intervention Group Includes Female Athletes with Functional Ankle Instability who Receive Wobble Board Training. The Second Intervention Group Includes Female Athletes with Functional Ankle Instability who Receive Kinesiotape. The Control Group Includes Female Athletes with Functional Ankle Instability who did not Receive any Intervention.

##### Main outcome variables

Position sense; lower extremity function; balance

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20200107046035N6**

Registration date: **2021-11-03, 1400/08/12**

Registration timing: **prospective**

Last update: **2021-11-03, 1400/08/12**

Update count: **0**

##### Registration date

2021-11-03, 1400/08/12

##### Registrant information

##### Name

Hossein Shahrokhi

##### Name of organization / entity

Hakim Sabzevari University

##### Country

Iran (Islamic Republic of)

##### Phone

+98 51 4401 2756

##### Email address

h.shahrokhi@hsu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2021-11-06, 1400/08/15

##### Expected recruitment end date

2022-01-21, 1400/11/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

### Scientific title

Study of effect and persistence of six weeks of wobble board training and kinesiotape on joint position sense, lower extremity function and balance in athletes with functional ankle instability

### Public title

Effect of six weeks of wobble board training and kinesiotape on joint position sense, lower extremity function and balance

### Purpose

Treatment

### Inclusion/Exclusion criteria

#### Inclusion criteria:

Female athletes in the age range of 20 to 30 years old A history of at least one ankle inversion injury in the last two years Ability to bear body weight Normal gait and full range of motion in the ankle joint

#### Exclusion criteria:

History of lower extremity injury History of lower extremity surgery Balance disorders Participate in a rehabilitation program for the past six months

### Age

From **20 years** old to **30 years** old

### Gender

Female

### Phase

N/A

### Groups that have been masked

*No information*

### Sample size

Target sample size: **36**

### Randomization (investigator's opinion)

Randomized

### Randomization description

The simple Randomization Method was used to assign individuals to three groups that in this method, Random Allocation Software was used to create a random sequence. Then, in order not to determine which group the individuals will be assigned to before dividing them into two groups, or in other words, allocation concealment, the central randomization method was used.

### 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

Sport Sciences Research Institute

##### Street address

No. 3, 5th Alley, Miremad Street, Motahhari Street, Tehran, Iran.

##### City

Tehran

##### Province

Tehran

##### Postal code

1587958711

#### Approval date

2021-07-20, 1400/04/29

#### Ethics committee reference number

IR.SSRC.REC.1400.073

## Health conditions studied

### 1

#### Description of health condition studied

Functional Ankle Instability

#### ICD-10 code

M25.3

#### ICD-10 code description

Other instability of joint

## Primary outcomes

### 1

#### Description

Joint Position Sense

#### Timepoint

At the beginning of the study (before the start of the intervention) and after 6 weeks of intervention and One Month After Stopping Training

#### Method of measurement

Ankle Proprioception Goniometer

### 2

#### Description

Lower Extremity Function

#### Timepoint

At the beginning of the study (before the start of the intervention) and after 6 weeks of intervention and One Month After Stopping Training

#### Method of measurement

Foot and Ankle Ability Measure Scale

### 3

#### Description

Balance

#### Timepoint

At the beginning of the study (before the start of the intervention) and after 6 weeks of intervention and One Month After Stopping Training

#### Method of measurement

Y Balance Test

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: Wobble Board Training for 6 weeks, 3 sessions per week, 2 hour per session

#### Category

Treatment - Other

### 2

#### Description

Intervention group: Kinesiotape for 6 weeks, 3 sessions per week, 2 hour per session

#### Category

Treatment - Other

### 3

#### Description

Control group: Without any training and just doing normal daily activities

#### Category

N/A

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Raja University

##### Full name of responsible person

Zeynab Aligoli

##### Street address

Novrizian, Motahhari blvd.

##### City

Qazvin

##### Province

Qazvin

##### Postal code

95834-34148

##### Phone

+98 28 3367 7101

##### Email

z.aligoli2019@gmail.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Raja university

##### Full name of responsible person

Hadi Miri

#### Street address

Novrizian, Motahhari bolv

#### City

Qazvin

#### Province

Qazvin

#### Postal code

95834-34148

#### Phone

+98 28 3367 7101

#### Email

hd.miri@gmail.com

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Raja university

#### Proportion provided by this source

5

#### 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

Persons

## Person responsible for general inquiries

#### Contact

##### Name of organization / entity

Hakim Sabzevari University

##### Full name of responsible person

Hossein Shahrokhi

##### Position

Assistant Professor

##### Latest degree

Ph.D.

##### Other areas of specialty/work

Corrective Exercise

##### Street address

Hakim Sabzevari University - Tohidshahr - Sabzevar

##### City

Sabzevar

##### Province

Razavi Khorasan

##### Postal code

9617976487

##### Phone

+98514401101

##### Email

h.shahrokhi@hsu.ac.ir

## Person responsible for scientific inquiries

#### Contact

**Name of organization / entity**

Hakim Sabzevari University

**Full name of responsible person**

Hossein Shahrokhi

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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**

All potential data can be shared after people have not been identified

**When the data will become available and for how long**

Start the access period one year after printing the results

**To whom data/document is available**

Data will be available to academic and scientific researchers

**Under which criteria data/document could be used**

Any kind of functional analysis on the submitted data is allowed

**From where data/document is obtainable**

by Email: h.shahrokhi@hsu.ac.ir

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

by Email: h.shahrokhi@hsu.ac.ir and the reason for using the documents

**Comments**