Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparison of the Efficacy of Kinesio Tape and Massage Therapy on Balance and Ankle Rang of Motion in Dipelgia Cerebral Palsy Children

Protocol summary

Study aim
Comparison of the Efficacy of Kinesio Tape and Massage Therapy on Balance and Ankle Rang of Motion in Diplegia Cerebral Palsy Children

Design
A clinical trial with a control group and Parallel groups Experimental research, pre-test and post-test with separate groups

Settings and conduct
It is done in the rehabilitation clinics of Kermanshah. Intervention is applied to each intervention group for 8 weeks. In the massage group, participants receive a deep tissue massage for 30 minutes each session.The kensiotype group applied kensiotype one day a week, kept the kensiotype on the position (target muscle) for 4 days, then removed it and rested the muscle for 3 days.

Participants/Inclusion and exclusion criteria
Entry requirements: Participants aged 18 or younger who are diagnosed with Cerebral palsy. The age of the participants should not be less than 4 years, because, for the initial measurements, it is necessary for the person to actively participate and understand the interventionist's intention. All the people must be spastic diplegia because the balance of hemiplegia is different from diplegia. Children with cerebral palsy without acute mental and physical problems. Non-entry conditions: Caregivers who do not bring their children to the rehabilitation clinic regularly.

Intervention groups
In the first group, massage therapy with deep tissue technique is applied to release the muscles from spasms and cramps in the patient's leg muscles. The control group only takes their treatment routine, which is 2 occupational therapy sessions per week.

Main outcome variables
Balance; ankle range of motion

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20231108059995N1**
Registration date: **2024-02-08, 1402/11/19**
Registration timing: **prospective**

Last update: **2024-02-08, 1402/11/19**
Update count: **0**

Registration date
2024-02-08, 1402/11/19

Registrant information

Name
Shahla Hasheminezhad
Name of organization / entity
Islamic Azad University Kermanshah Branch
Country
Iran (Islamic Republic of)
Phone
+98 83 3839 6725
Email address
shahlahasheminezhad1993@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2024-04-08, 1403/01/20

Expected recruitment end date
2024-06-09, 1403/03/20

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Comparison of the Efficacy of Kinesio Tape and Massage Therapy on Balance and Ankle Rang of Motion in Dipelgia Cerebral Palsy Children

Public title
Comparison of the Efficacy of Kinesio Tape and Massage Therapy on Balance and Ankle Rang of Motion in Cerebral Palsy Children

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Participants 18 years of age or younger who have been diagnosed with cerebral palsy. Children with cerebral palsy without acute mental and physical problems. They understand the intention of the intervening person and can make an active move. All the people must be spastic diplegia because the balance of hemiplegia is different from diplegia. The age of the participants should not be less than 4 years, because, for the initial measurements, it is necessary for the person to actively participate and understand the interventionist's intention.

Exclusion criteria:
Caregivers who do not bring their children to the rehabilitation clinic regularly.

Age
From **4 years** old to **16 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **45**

Randomization (investigator's opinion)
Not randomized

Randomization description

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
Islamic Azad University Kermanshah Branch

Street address
Imam Khomeini Campus, Islamic Azad University, Farhikhtegan Bld., Shahid J'afari St., Kermanshah, Iran.

City
kermanshah

Province
Kermanshah

Postal code
6718997551

Approval date
2023-12-02, 1402/09/11

Ethics committee reference number
IR.IAU.KSH.REC.1402.083

Health conditions studied

1

Description of health condition studied
Spastic diplegic cerebral palsy

ICD-10 code
G80.1

ICD-10 code description
Spastic diplegic cerebral palsy

Primary outcomes

1

Description
The balance score in berg test

Timepoint
before the start of the intervention and 8 weeks after the intervention (completion)

Method of measurement
Berg Balance Scale

2

Description
Degree of range of motion of the ankle with a goniometer

Timepoint
before the start of the intervention and 8 weeks after the intervention (completion)

Method of measurement
Goniometer

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group:The first intervention group: massage therapy group The calf muscles are massaged three days a week for two months using special massage oil. The deep tissue massage technique is applied with prolonged deep pressure for 30 minutes. Plus, occupational therapy is conducted two days a week for two months.

Category

Rehabilitation

2

Description
Intervention group: The second intervention group: the kinesio tape groupThe Kinesio tape is placed on the leg muscles one day a week; plus, an inhibitory technique is employed to relieve muscle spasms and increase the ankle's range of motion. The tape is kept on the leg muscles for four days and then removed so the muscle rests for three days. It is repeated once a week for 2 months. In addition, occupational therapy is conducted two days a week for two months.

Category
Rehabilitation

3

Description
Control group:Only occupational therapy sessions are conducted two days a week for eight weeks.They understand the intention of the intervening person and can make an active move.Children with cerebral palsy without acute mental and physical problems.Participants aged 18 or younger who are diagnosed with Cerebral palsy.Caregivers who do not bring their children to the rehabilitation clinic regularly.

Category
Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Saee Rehabilitation Clinic

Full name of responsible person
Ms.Roshanak Najafi

Street address
Parsian Sweet Shop Alley, Corner of Sixth Alley, Mustafa Emami Blvd, Goletan, Kermanshah

City
Kermanshah

Province
Kermanshah

Postal code
6714363576

Phone
+98 918 131 4027

Email
Roshanaknajafi215@gmail.com

2

Recruitment center

Name of recruitment center
Iran Zemin Rehabilitation Center

Full name of responsible person
Farshad Zari

Street address
The first alley on the left, Nastern St. (Shahid De Haghi), Motahari intersection, Maskan, kermanshah

City
Kermanshah

Province
Kermanshah

Postal code
67115967387

Phone
+98 935 676 9896

Email
Farshadzm65@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

Full name of responsible person
Shahla Hasheminezhad

Street address
y ,16 meter Ave, Shahid Najafi town, Elahia, Kermanshah, Iran

City
Kermanshah

Province
Kermanshah

Postal code
6719687169

Phone
+98 930 918 1219

Email
shahlahasheminezhad1993@gmail.com

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
No

Title of funding source
Islamic Azad University

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
Persons

Person responsible for general inquiries

Contact

Name of organization / entity
Islamic Azad University

Full name of responsible person
Shahla Hasheminezhad

Position
Sport rehabilitation coach

Latest degree
Bachelor
Other areas of specialty/work
physical education and sports sciences
Street address
1st Floor, No. 8, Second Mehr Alley ,16 meter Ave, Shahid Najafi town, Elahia, Kermanshah, Iran
City
Kermanshah
Province
Kermanshah
Postal code
6719687169
Phone
+98 930 918 1219
Email
shahlahasheminezhad1993@gamil.com

Person responsible for scientific inquiries

Contact
Name of organization / entity
Islamic Azad University
Full name of responsible person
Shahla Hasheminezhad
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+98 930 918 1219
Email
shahlahasheminezhad1993@gamil.com

Person responsible for updating data

Contact
Name of organization / entity
Islamic Azad University
Full name of responsible person
Shahla Hasheminezhad
Position
Sports rehabilitation coach
Latest degree
Bachelor
Other areas of specialty/work
physical education and sports sciences
Street address
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Email
shahlahasheminezhad1993@gamil.com

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
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available