

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 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 group. The 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

Sae 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, Nasteran 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**

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**Email**

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**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Shahla Hasheminezhad

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Islamic Azad University

**Full name of responsible person**

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**Email**

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**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