

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Effect of kinesiotaping on knee joint position sense after anterior cruciate ligament reconstruction

#### Protocol summary

##### Summary

Abstract: The main objective of this study is to determine the effect of kinesiotaping on knee joint position sense in patients with ACL reconstruction. We will recruit 20 professional soccer players with 20 to 30 years old whom had unilateral ACL reconstruction surgery, four months or more since the surgery, no knee pain at rest, having full knee range of motion. We will exclude cases with neurological disease, sprain of other knee ligaments, bilateral ACL sprains and instabilities of the knee. The knee joint position sense of both knees will be measured before and after using kinesiotape by a digital Goniometer. Position sense tests will be performed in two positions (sitting and standing) for 60, 30, and 15 degrees of knee flexion. Position sense testing will be begun once from full knee extension to 90 degree of flexion, then from 90 degree of knee flexion to full extension. Tape will be used from tibial tuberosity to the lower third of the thigh antero laterally and antero medially. The tension of the tape is set at 60% of maximum possible stretch and knee is placed at 30 degrees of flexion. The amount of error in the repositioning of knee flexion angles will be recorded.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201306227057N2**

Registration date: **2013-09-22, 1392/06/31**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2013-09-22, 1392/06/31

##### Registrant information

##### Name

Mohammad Akbari

##### Name of organization / entity

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Tehran University of Medical Sciences

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Iran (Islamic Republic of)

##### Phone

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##### Recruitment status

**Recruitment complete**

##### Funding source

Vice chancellor for research of Tehran University of  
Medical Sciences

##### Expected recruitment start date

2013-08-15, 1392/05/24

##### Expected recruitment end date

2014-03-01, 1392/12/10

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of kinesiotaping on knee joint position sense after  
anterior cruciate ligament reconstruction

##### Public title

Effect of kinesiotaping on postural control

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: Professional soccer players with anterior  
cruciate ligament reconstruction on the right dominant  
limb after more than 4 months of surgery, no knee pain  
at rest, having a full range of knee extension and flexion,

not giving way in the knee, walk without any assistive device, written informed consent to participate in the study. Exclusion criteria: Neurological disease, sprain of other knee ligaments, bilateral ACL sprains, instability or pain at rest in the knee, sprain on nondominant or left dominant limb.

#### **Age**

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

#### **Gender**

Male

#### **Phase**

1

#### **Groups that have been masked**

*No information*

#### **Sample size**

Target sample size: **20**

#### **Randomization (investigator's opinion)**

N/A

#### **Randomization description**

#### **Blinding (investigator's opinion)**

Not blinded

#### **Blinding description**

#### **Placebo**

Not used

#### **Assignment**

Single

#### **Other design features**

### **Secondary Ids**

empty

### **Ethics committees**

#### **1**

#### **Ethics committee**

##### **Name of ethics committee**

Ethics committee of Tehran University of Medical Sciences

##### **Street address**

Ghods St., Keshavarz Blvd.,

##### **City**

Tehran

##### **Postal code**

#### **Approval date**

2013-07-29, 1392/05/07

#### **Ethics committee reference number**

92-01-32-20585-88397

### **Health conditions studied**

#### **1**

#### **Description of health condition studied**

Patients with anterior cruciate ligament reconstruction

#### **ICD-10 code**

M23, 583.

#### **ICD-10 code description**

Patients with anterior cruciate ligament reconstruction

### **Primary outcomes**

#### **1**

#### **Description**

Knee joint position sense

#### **Timepoint**

During knee flexion in nonweight bearing position, before and after taping

#### **Method of measurement**

Digital goniometer

#### **2**

#### **Description**

Knee joint position sense

#### **Timepoint**

During knee flexion in weight bearing position, before and after taping

#### **Method of measurement**

Digital goniometer

#### **3**

#### **Description**

Knee joint position sense

#### **Timepoint**

During knee extension in weight bearing position, before and after taping

#### **Method of measurement**

Digital goniometer

#### **4**

#### **Description**

Knee joint position sense

#### **Timepoint**

During knee extension in nonweight bearing position, before and after taping

#### **Method of measurement**

Digital goniometer

### **Secondary outcomes**

empty

### **Intervention groups**

#### **1**

#### **Description**

Using of tape on the anterior knee and distal of the thigh.

#### **Category**

Rehabilitation

### **Recruitment centers**

#### **1**

#### **Recruitment center**

##### **Name of recruitment center**

Physical therapy clinic.

**Full name of responsible person**

Gholamreza Pahnabi Solaimanmahalleh

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**Full name of responsible person**

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**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Vice research of School of Rehabilitation,

**Proportion provided by this source**

100

**Public or private sector***empty***Domestic or foreign origin***empty***Category of foreign source of funding***empty***Country of origin****Type of organization providing the funding***empty***Person responsible for general inquiries****Contact****Name of organization / entity**

Vice research, School of Rehabilitation, Tehran University of Medical Sciences

**Full name of responsible person**

Azadeh Shadmehr

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**Web page address****Sharing plan****Deidentified Individual Participant Data Set (IPD)***empty*

**Study Protocol**

*empty*

**Statistical Analysis Plan**

*empty*

**Informed Consent Form**

*empty*

**Clinical Study Report**

*empty*

**Analytic Code**

*empty*

**Data Dictionary**

*empty*