

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Immediate Effect of Kinesio Taping on Dynamic Balance and Functional Performance Following Fatigue in Athletes with Chronic Ankle Instability

Protocol summary

Registration timing: **prospective**

Study aim

Immediate Effect of Kinesiotaping on Dynamic Balance and Functional Performance Following Fatigue in Athletes with Chronic Ankle Instability

Last update: **2024-03-12, 1402/12/22**

Update count: **0**

Registration date

2024-03-12, 1402/12/22

Design

The current research is a single-blinded randomized clinical trial.

Registrant information

Name

Saeideh Monjezi

Name of organization / entity

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Settings and conduct

This study will be conducted in the rehabilitation research center, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran. Included participants will have warm up for 10 minutes. Then, the main stages of the study, which include pre-test evaluation, fatigue protocol implementation, re-evaluation, tipping in the intervention group and post-test evaluation, will be performed.

Recruitment status

Recruitment complete

Funding source

Participants/Inclusion and exclusion criteria

Inclusion criteria include age 18-38 years; history of at least one ankle sprain in last 6 to 12 months and at least two giving way; Cumberland ankle instability score lower or equal to 24; Tegner activity level above 7. Exclusion criteria include history of ankle fracture or surgery; history of acute knee and ankle injury in the last three months; current participation in the rehabilitation program; allergy to the kinesiotape

Expected recruitment start date

2024-04-02, 1403/01/14

Expected recruitment end date

2024-07-04, 1403/04/14

Intervention groups

The intervention group (Kinsiotape) will received ankle balance taping that includes 4 bands with 50% tension. The control group will have no intervention.

Actual recruitment start date

empty

Actual recruitment end date

empty

Main outcome variables

Y balance test to assess dynamic balance and side hop test to assess functional performance

Trial completion date

empty

General information

Scientific title

Immediate Effect of Kinesio Taping on Dynamic Balance and Functional Performance Following Fatigue in Athletes with Chronic Ankle Instability

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20240121060746N1**

Registration date: **2024-03-12, 1402/12/22**

Public title

Immediate Effect of Kinesio Taping on Dynamic Balance and Functional Performance Following Fatigue in Athletes

with Chronic Ankle Instability

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Age between 18 to 38 years History of at least 1 ankle sprain in the last 6 to 12 months and at least 2 ankle sprains Cumberland Ankle Instability Questionnaire score lower or equal to 24 Tegner activity scoring scale level above 7

Exclusion criteria:

History of fracture or surgery in ankle History of acute injury in knee or ankle in past 3 months Current participation in rehabilitation program Allergy to kinsiotape

Age

From **18 years** old to **38 years** old

Gender

Male

Phase

N/A

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **34**

Randomization (investigator's opinion)

Randomized

Randomization description

After completing the pre-test evaluations, people are divided into two intervention groups (Kinesio tape) and control (without type) using the Stratified Permuted Block randomization method. A randomization software will be used to generate random blocks. The blocks will be hidden by the opaque envelope. To minimize the selection bias and to ensure the concealment of the allocation of people in the groups. The randomization process will be performed by a person who does not participate in any other research stages.

Blinding (investigator's opinion)

Single blinded

Blinding description

The evaluation of the participants will be performed by a physiotherapist who is blinded to group allocation.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ahvaz Jundishapur University of Medical Sciences.

Street address

Ground floor, Vice Chancellor for Research and Technology, Ahvaz Jundishapur University of Medical Science, Esfand street, Golestan

City

Ahvaz

Province

Khouzestan

Postal code

6135715794

Approval date

2023-10-27, 1402/08/05

Ethics committee reference number

IR.AJUMS.REC.1402.396

Health conditions studied

1

Description of health condition studied

Athletes with Chronic Ankle Instability

ICD-10 code

S93.4

ICD-10 code description

Sprain of ankle

Primary outcomes

1

Description

Dynamic balance

Timepoint

Before intervention, after fatigue, after intervention (tape or no tape)

Method of measurement

The distance reached in Y balance test will be measured.

2

Description

Functional performance

Timepoint

Before intervention, after fatigue, after intervention (tape or no tape)

Method of measurement

The time to complete the side hop test will be recorded.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Ankle balance taping will be performed using 4 tapes with 50 percents tension. Post-assessment will be performed immediately after kinesiotaping.

Category

Rehabilitation

2

Description

Control group: no intervention will be received.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Rehabilitation Research Center, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran

Full name of responsible person

Saeide Monjezi

Street address

Rehabilitation Research Center, School of Rehabilitation Sciences, Ahvaz Jundishapur University of Medical Sciences, Esfand street, Golestan, Ahvaz

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Mehrnoush Zakerkish

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Vice Chancellor for Research and Technology, Ahvaz Jundishapur University of Medical Science, Esfand street, Golestan

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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

Ahvaz University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Saeide Monjezi

Position

Assistance professor

Latest degree

Ph.D.

Other areas of specialty/work

Physiotherapy

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Other areas of specialty/work

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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

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

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

Yes - There is a plan to make this available

Title and more details about the data/document

Immediate Effect of Kinesio Taping on Dynamic Balance and Functional Performance Following Fatigue in Athletes with Chronic Ankle Instability . Most of the data is shareable

When the data will become available and for how long

Start of access date from 1403

To whom data/document is available

Data will be available to physiotherapists

Under which criteria data/document could be used

physiotherapists

From where data/document is obtainable

Applicants can contact the following email address for more information : amirkazemkhani191277@gmail.com

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

After authentication and in P.Rett confirmation of people involved in the study the person can get the information

Comments