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Proprioception at the Healthy Ankle: The Effect of Taping and Dynamic Balance Exercise

Submission date	Recruitment status	[ ] Prospectively registered
29/09/2006	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
29/09/2006	Completed	[X] Results
Last Edited	**Condition category**	[ ] Individual participant data
14/02/2020	Musculoskeletal Diseases	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
N0207174694

Study information

Scientific Title
Proprioception at the Healthy Ankle: The Effect of Taping and Dynamic Balance Exercise

Study objectives

The principle aim of this study is to determine whether ankle taping improves dynamic ankle proprioception in healthy subjects using the Biodex stability system.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Not provided at time of registration

Study design
Randomised controlled trial

Primary study design
Interventional

Study type(s)
Not Specified

Health condition(s) or problem(s) studied
Musculoskeletal Diseases

Interventions
The proposed study will be a repeated measures design. The participants will be tested as both members of control and test groups.
The participants will be consented to the study and randomly allocated to either control or test trial. After initial one-off testing they will then return at a later date and be tested as a member of the other group. Blinding the participants is not possible as both subject and assessor will be aware of the use of tape. Testing will take place on the dominant leg.
The Biodex stability system is a computerised force platform. It challenges an individual to maintain balance whilst standing on a moveable platform that tilts in all planes. The difficulty of the test is controlled electronically. Visual feedback is provided via a computer screen and a report is generated. Testing within the study will take place at two levels (one easy and one hard). Each test at each level will last for twenty seconds with two practice tests to negate learning effects.

For the test group:
Initially ankle joint range of movement will be measured and Biodex testing will take place. The dominant ankle will then be taped, followed by further measurement of ankle range of movement and Biodex testing. The participants will then undergo twenty minutes of balance exercise followed by a final measurement of ankle joint range of movement and Biodex testing.

For the control group:
Initially ankle joint range of movement will be measured and Biodex testing will take place. The participants will then rest for twenty minutes followed by further measurement of ankle range of movement and Biodex testing. The participants will then undergo twenty minutes of balance exercise followed by a final measurement of ankle joint range of movement and Biodex testing.

Intervention Type
Other

Phase

Not Specified

Primary outcome(s)
Biodex stability system score

Key secondary outcome(s))
Not provided at time of registration

Completion date
01/04/2006

Eligibility

Key inclusion criteria
1. Willing to consent
2. 18 to 40 years old
3. Full bilateral ankle movement

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Sex
Not Specified

Key exclusion criteria
1. Consent not given
2. Any lower limb pathology
3. Visual acuity neurological deficit likely to affect balance

Date of first enrolment
05/01/2006

Date of final enrolment
01/04/2006

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Royal Liverpool and Broadgreen University Hospitals NHS Trust
Liverpool
United Kingdom
L78XP

Sponsor information

Organisation
Record Provided by the NHSTCT Register - 2006 Update - Department of Health

Funder(s)

Funder type
Government

Funder Name
Royal Liverpool and Broadgreen University Hospitals Trust (UK), NHS R&D Support Funding - no external funding

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Book results	results	24/03/2009		No	No