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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

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
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

Secondary study design
Randomised controlled trial

Study setting(s)
Not specified

Study type(s)
Not Specified

Participant information sheet

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 measure
Biodex stability system score

Secondary outcome measures
Not provided at time of registration

Overall study start date
05/01/2006

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

Age group
Adult

Lower age limit
18 Years

Sex
Not Specified

Target number of participants

25 volunteers

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
England

United Kingdom

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

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

Sponsor details
The Department of Health, Richmond House, 79 Whitehall
London
United Kingdom
SW1A 2NL
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Sponsor type
Government

Website
http://www.dh.gov.uk/Home/fs/en

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

Publication and dissemination plan
Not provided at time of registration

Intention to publish date

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