

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

Submission date 29/09/2006	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 29/09/2006	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
Last Edited 14/02/2020	Condition category Musculoskeletal Diseases	<input type="checkbox"/> Individual participant data

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

L78XP

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

+44 (0)20 7307 2622

dhmail@doh.gsi.org.uk

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