

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

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

**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

### **Primary study design**

Interventional

### **Study design**

Randomised controlled trial

### **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? |
|------------------------------|---------|--------------|------------|----------------|-----------------|
| <a href="#">Book results</a> | results | 24/03/2009   |            | No             | No              |