

Official Title

Effects of Mulligan Mobilization with movement  
versus Kinesiotaping and Placebo on knee function  
and injury -related Outcomes in Basketball  
Players: A parallel-group Randomized Controlled  
Trial

NCT Number:

Date 10 December 2024

## **6. Informed Consent Form (ICF)**

### **Title of Study**

Effects of Mulligan Mobilization with movement versus Kinesiotaping and Placebo on knee function and injury -Related Outcomes in Basketball Players: A parallel-group randomized controlled trial

### **Principal Investigator**

Selda Sokoli, University of Sports, Tirana.

### **Purpose of the Study**

This randomized study aimed to evaluate the effect of the Mulligan MWM technique, kinesiotaping technique, and placebo intervention in young U16-U20 basketball players in reducing knee injury symptoms and improving functionality and sports performance.

### **Study Procedures**

Participants underwent one of 3 changes in the time period before treatment, 1 hour after treatment, and 2 weeks after treatment. Assessments were taken at three time periods

- before treatment
- 1 hour after treatment
- 2weeks follow-up

Measurements that were performed included KOS-ADLS, ADLS, SAS, and OSTRC

### **Risks / Benefits**

#### **Risks**

Temporary pain, minor skin redness, and pain may occur when removing the tape. No serious, complicated, but insignificant risks are expected.

#### **Benefits**

Participants can benefit from increased ROM for the knee joint, reduced pain, and improved overall and athletic functionality.

### **Confidentiality**

All data collected will remain confidential. Participants will be assigned identification codes. Only the research team will have access to identifiable information. Results will be reported in summary form.

### **Voluntary Participation**

Participation in this study is voluntary. Participants may withdraw at any time without any consequences to their medical care or athletic participation.

For participants under 18 years of age, written assent will be obtained, and written consent will be provided by a parent or legal guardian.

Signatures / Date

Participant: \_\_\_\_\_ Date: \_\_\_\_\_

Investigator: \_\_\_\_\_ Date: \_\_\_\_\_