

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

3. Study Protocol with Informed Consent Form (ICF)

Appendix A: Informed Consent Form (Adults)



REPUBLIC OF ALBANIA
UNIVERSITY OF SPORTS OF TIRANA
FACULTY OF PHYSICAL ACTIVITY AND RECREATION
DEPARTMENT OF MOVEMENT AND HEALTH

**Letter of acceptance to participate in the study: 'The impact of the Mulligan Technique
on knee problems in basketball in Albania.'**

For participants over the age of 18

I declare that the testing and physiotherapeutic intervention of this Scientific Study have been explained to me in detail by the study leaders in the information meeting held by them. Also, for every question I have asked, I have received a quick and clear answer from them.

During the meeting, I was informed about the conditions set for being part of the study, about my right not to participate in the study, and about the right to withdraw from it at any time.

The positive and negative (side) effects of all examinations that will be performed during the study have been explained to me in detail. In this way, I have managed to understand the benefits of my participation in this Scientific Study not only for me personally but also for other sports. I know that I can ask at any time about any uncertainties that I may have in the future, during the different stages of its development.

I have been assured that:

1. I will be cared for at every stage of the study by specialized medical and physiotherapy personnel.
2. My confidentiality will be maintained.
3. No information that will be distributed or published will reveal my personal identity.
4. No information will be distributed or published without my consent and only if it is permitted by legal provisions.

In this way, I agree to participate in this study

First Name Last Name

Signature (if you are 18 years old or older)

Note: The person who can be contacted for this study is Msc. Selda Sokoli, at this phone number: 355692199179 and with this electronic address (e-mail): seldaveizaj@gmail.com

Appendix B: Parental Consent



REPUBLIC OF ALBANIA
UNIVERSITY OF SPORTS OF TIRANA
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DEPARTMENT OF MOVEMENT AND HEALTH

Parental consent form

(To be used for parents of participating children under 18 years of age, excluding students)

Study Title: 'The Impact of the Mulligan Technique on Knee Problems in Basketball in Albania',

For questions regarding the research project, please contact:

Scientific Researcher: Selda SOKOLI seldaveizaj@gmail.com

Scientific Leader: Prof.Asc.Dr.Klotilda VRENJO

Description

This project will include all basketball athletes starting from the age of 14 to 22 years old. The athletes will undergo orthopedic assessment tests for hidden or active knee problems. Circuit tests will be conducted, and athletes with problems will be grouped, and a non-invasive physiotherapeutic treatment technique (Mulligan technique, Kinesiotaping, and placebo intervention) will be developed for them. The time it will take athletes to answer the questionnaire will not exceed 5 minutes, testing 5 minutes, and intervention 5 minutes. The confidentiality of basketball athletes will be maintained regarding individual data.

Risks

During the implementation of this study, participants will not have any physical injury, pain, or disability. The duration from testing, questionnaire, to physiotherapy intervention will not be a limitation in terms of training time.

Confidentiality

I pledge that all individual data of each participant will be kept confidential. All data that will be collected will be stored only by me, Selda Sokoli, the Scientific Researcher of this study. In studies where only measurement and non-identifying data will be used. This data will be stored by me, Selda Sokoli, until 2028, and then will be deleted.

Right to withdraw

Participation in this study is voluntary, and each participant may choose to withdraw from the study at any time. Each participant has the right to withdraw consent and discontinue participation in the study without prejudice.

Voluntary Consent

(The following consent statement must be included)

1. I have read the above information and agree that my child may participate in this study.
2. I understand that all aspects of this project will be conducted in strict confidence and in a manner in which my child's rights as a human participant are protected.
3. I have been informed in advance of what the task(s) will be and what procedures will be followed.
4. I have been allowed to ask questions, and my questions have been answered satisfactorily.
5. I am aware that I have the right to withdraw consent and discontinue my child's participation at any time, without prejudice.
6. My child may also withdraw his/her consent at any time.
7. My signature below may be taken as confirmation of all of the above, prior to participation.

Child's name: _____

Parent's name: _____

Parent's signature: _____

Date _____