

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Pilates exercise and Aktyvrayj compare the range of motion and edema upper limb after surgery in patients with breast cancer

Protocol summary

Summary

Objective: Breast cancer, like any other surgical procedure, there may be problems. They can be identified as a way to prevent or deal with complications is affected. Due to motor and sensory impairment in the upper extremity surgery, necessitate the use of rehabilitation procedures. The main objective of this study was the effect of Pilates exercises on range of motion and upper extremity edema in women with breast cancer following surgery. Entry and Exit Criteria: All patients were female and for the first time and only on one side of the body under radical mastectomy surgery have been and other complementary therapies before surgery received and if patients could be excluded. Among patients referred to cancer institute in six months 40 patients were randomly divided into exercise and control groups are selected Pilates Group Mat Pilates exercises and in 15 sessions of and the control group at the same time are common practice in physiotherapy centers are run. Primary outcome: expected consequences that occur following Pilates exercises, patients have an increased range of motion and upper limb edema in patients with reduced surgical patients reduces complications and the patient is ready for the next cycle of treatment

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013010912078N1**

Registration date: **2013-02-06, 1391/11/18**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-02-06, 1391/11/18

Registrant information

Name

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Name of organization / entity

Azad

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Islamic Azad University Central Tehran

Expected recruitment start date

2011-03-20, 1389/12/29

Expected recruitment end date

2012-06-21, 1391/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Pilates exercise and Aktyvrayj compare the range of motion and edema upper limb after surgery in patients with breast cancer

Public title

Effect Pilates exercise on range of motion and upper extremity edema in the mastectomy

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: women with breast cancer Exclusion criteria: women who had a history of surgery! women who have a history of certain diseases! women who had

a history of chemotherapy

Age
From **20 years** old to **55 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **40**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

University of Welfare and Rehabilitation Sciences

Street address

Tehran-Velenjak Street - St. kodakyari

City

Tehran

Postal code

Approval date

2011-12-22, 1390/10/01

Ethics committee reference number

1-23-26

Health conditions studied

1

Description of health condition studied

breast cancer

ICD-10 code

C50.6

ICD-10 code description

Axillary tail of breast

Primary outcomes

1

Description

range of motion

Timepoint

Before and After Intervention

Method of measurement

Goniometer

2

Description

Edema

Timepoint

Before and After Intervention

Method of measurement

Tape

Secondary outcomes

empty

Intervention groups

1

Description

The intervention group consisted of Pilates exercise was performed for 15 patients were fatigue session border movements of 3 repetitions to 10 repetitions and repeat the treatment.

Category

Rehabilitation

2

Description

Common practice in physiotherapy intervention control group consisted of patients who were administered.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Cancer Institute

Full name of responsible person

Street address

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University Central Tehran

Full name of responsible person

Yahya Sokhangouei

Street address

Sanhat Square

City

Theran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Islamic Azad University Central Tehran
Proportion provided by this source
100
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

Contact

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty