

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Comparison of acute effect of whole body vibration and static stretching on flexibility and muscular performance in young healthy females

Protocol summary

Summary

The aim of this study is comparison of two methods of static stretch and whole body vibration on extensibility and muscle performance of healthy young females .Inclusion criteria: young females; healthy;age between 18 to 30year old Exclusion criteria: visual complications; epilepsy; bone fracture and ligamentus strain in last 6 weeks; migraine; kidney and bladder stone; vertigo, disability to perform the tests. 25 healthy young females among Tehran University of Medical Sciences students participate in the study.In the first session, participants will familiar with the process of interventions and the exams. In the second and third sessions, the same subjects start with a general warm up protocol (bicycle,50 watt,5 min) and immediately after warm up, assessment of extensibility and performance will done. Then the main intervention that is static stretch for various muscles or whole body vibration will applied randomly in two interval sessions. All of the outcomes will measure before and after the interventions. The interval between sessions is 48 hours.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015120912210N2**

Registration date: **2016-05-05, 1395/02/16**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-05-05, 1395/02/16

Registrant information

Name

Azadeh Shadmehr

Name of organization / entity

Teharn University of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2015-10-23, 1394/08/01

Expected recruitment end date

2015-12-22, 1394/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of acute effect of whole body vibration and static stretching on flexibility and muscular performance in young healthy females

Public title

Comparison of effect of whole body vibration and stretching on flexibility and muscular performance in young healthy females -----

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: young females; healthy;age between 18 to 30year old Exclusion criteria: visual complications; epilepsy; bone fracture and ligamentus strain in last 6 weeks; migraine; kidney and bladder stone; vertigo,

disability to perform the tests

Age
From **18 years** old to **30 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **25**

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Crossover

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Tehran University of Medical Sciences

Street address
Enghelab St.

City
Tehran

Postal code

Approval date
2015-11-21, 1394/08/30

Ethics committee reference number
IR.TUMS.REC.1394.1205

Health conditions studied

1

Description of health condition studied
muscle shortening

ICD-10 code
M67.1

ICD-10 code description
Other contracture of tendon (sheath)

Primary outcomes

1

Description
flexibiity

Timepoint
before and after the intervention

Method of measurement
clinical tests

2

Description
muscle performance

Timepoint
before and after the intervention

Method of measurement
functional tests

Secondary outcomes

empty

Intervention groups

1

Description
static stretch for quadriceps,hip flexors,plantar flexors , hamstring and gluteous maximus muscles, 2 stretches holding for 30 seconds

Category
Rehabilitation

2

Description
whole body vibration in 5 set of 60 second with 60 second rest between them, 30 Hz frequency and 2 mm amplitude

Category
Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Tehran University of Medical Sciences

Full name of responsible person
Elahe Soltani

Street address

City
Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Tehran University of Medical Sciences

Full name of responsible person
Seyedeh Maryam Khoddami

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School of Rehabilitation, Piche Shemiran, Enghelab St.

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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Tehran University of Medical Sciences

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

Name of organization / entity
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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