Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Nov 2026

The Effect of 12 Weeks of TRX Training on Static and Dynamic Balance in Elderly Men

Protocol summary

Summary

The purpose of this study was to investigate the effect of 12 weeks of TRX training on static and dynamic balance in elderly men. In this quasi experimental study, 16 elderly men, retired from Physical Education Organization of Kashan with age range of (62.06 ± 1.53 years) were selected as sample availably; and they were randomly placed in each of the groups, TRX and control group; each group consisted of 8 people. Inclusion Criteria: Healthy male seniors over 60 years old, Getting 18 at mini mental state examination and Exclusion Criteria: The indication of any disease that hinders the person to take part in more than 30% of exercise sessions, any disease or any medicine that affects the measured factors. An experimental group practiced in a TRX exercise program for 12 weeks; in every week, three sessions were hold which lasted for 60 minutes.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017082712796N3**
Registration date: **2017-09-03, 1396/06/12**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-09-03, 1396/06/12

Registrant information

Name

Mohammad javad Pourvaghar

Name of organization / entity

Kashan University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 36 1591 2561

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Recruitment status

Recruitment complete

Funding source

Vice-Chancellor For Research University of Kashan

Expected recruitment start date

2016-04-20, 1395/02/01

Expected recruitment end date

2016-10-22, 1395/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of 12 Weeks of TRX Training on Static and Dynamic Balance in Elderly Men

Public title

The Effect of TRX Training on Static and Dynamic Balance in Elderly Men

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion Criteria: 1) Healthy male seniors over 60 years old, 2) Getting 18 at mini mental state examination, 3) Using no sticks and the ability to walk independently, 4) No history of acute cardio-pulmonary diseases, brain injuries, Parkinson’s disease, 5) No significant orthopedic disabilities or acute illnesses. Exclusion Criteria: 1) The indication of any disease that hinders the person to take part in more than 30% of exercise sessions, 2) Any disease or any medicine that affects the measured factors, 3) Not having at least two regular exercise sessions in a week.

Age
From **62 years** old to **64 years** old
Gender
Male

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **16**
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 kashan
Street address
km. 6 Ravand Road
City
kashan
Postal code
8731751167
Approval date
2016-04-03, 1395/01/15
Ethics committee reference number
678893

Health conditions studied

1

Description of health condition studied
Fall
ICD-10 code
W19
ICD-10 code description
Unspecified fall

2

Description of health condition studied
Fear of falling
ICD-10 code
R54
ICD-10 code description
Old age without mention of psychosis

Primary outcomes

1

Description
Static Balance
Timepoint
Before and after 12 weeks Exercise
Method of measurement
Flamingo Balance Test

Secondary outcomes

1

Description
Dynamic Balance
Timepoint
Before and after 12 weeks Exercise
Method of measurement
Timed Up and go

Intervention groups

1

Description
Experimental group:performed 60 minutes of TRX Training, 3 sessions per week, Every session lasted 1 hour.
Category
Lifestyle

2

Description
Control group: Did not receive any training.
Category
Lifestyle

Recruitment centers

1

Recruitment center
Name of recruitment center
University of kashan
Full name of responsible person
Mohammad javad pourvaghar
Street address
Km. 6 Ravand Road
City
kashan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
University of Kashan
Full name of responsible person
Mohammad Javad Pourvaghar
Street address
Km. 6 Ravand Road
City
Kashan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
University of Kashan
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
University of Kashan
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Position
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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