

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jun 2026

The immediate effect of textured insole on dynamic balance in flexible flatfooted persons

Protocol summary

Summary

The aim of this study is to determine whether textured insoles can improve balance in people with flexible flat foot or not? This can improve our strategies to decrease damages from the disorder. Participants selected by a convenient sampling from students of the Iran University of Medical Sciences and were included as intervention group. The study population is men with bilateral flexible flat foot. Inclusion criterion: having a bilateral flexible flat foot. Exclusion criteria: history of brain injury, visual impairment; using any orthoses 6 months before the test; professional sports; inability to perform the tests because of problems with balance and The sample size in this study have been considered 20 subjects. Interventions include: the use of shoes only, shoes and common medical insoles & shoes with textured insoles. The time taken to perform each test is 30 seconds.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016081116643N2**

Registration date: **2016-11-29, 1395/09/09**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-11-29, 1395/09/09

Registrant information

Name

Behshid Farahmand

Name of organization / entity

Iran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 2222 0947

Email address

farahmand.b@iums.ac.ir

Recruitment status

Recruitment complete

Funding source

Iran University of Medical Sciences

Expected recruitment start date

2016-04-29, 1395/02/10

Expected recruitment end date

2016-05-30, 1395/03/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The immediate effect of textured insole on dynamic balance in flexible flatfooted persons

Public title

Effect of textured insole on balance

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: having a bilateral flexible flat foot; age in range 20 to 26 years old. Exclusion criteria were as follows: a history of any orthopedic or neurological injury; a history of damage to the vestibular system or brain damage; visual impairment; use of drugs affecting the balance; use of orthosis within 6 months before the test; doing professional sports; inability to perform the tests due to balance problems and unwillingness to cooperate until the end of the test for any reason.

Age

From **20 years** old to **26 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 20

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Iran University of Medical Sciences Ethics Committee

Street address

Iran University of Medical Sciences, Hemmat highway

City

Tehran

Postal code

Approval date

2015-11-22, 1394/09/01

Ethics committee reference number

IR.IUMS.REC.1394.9211502203

Health conditions studied

1

Description of health condition studied

Flat foot

ICD-10 code

Q66.5

ICD-10 code description

Congenital pes planus

Primary outcomes

1

Description

dynamic balance

Timepoint

at the same time in one session

Method of measurement

using a force plate device

Secondary outcomes

1

Description

displacement and mean excursion of CoP in main directions including antero-posterior and medio-lateral and ancillary directions between them

Timepoint

at the same time in one session

Method of measurement

using a force plate device

Intervention groups

1

Description

1- using same shoes for all participants and then standing on the force plate 2- using typical conventional medical insole in the aforementioned shoes and standing on the force plate 3- using textured insole in the aforementioned shoes and standing on the force plate

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Faculty of Rehabilitation, Iran university of medical sciences

Full name of responsible person

Behshid Farahmand

Street address

Rehabilitation Faculty, Iran University of Medical Sciences, Shahnazari St., Mirdamad Aven.

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

vice chancellor for research & technology of Iran university of medical sciences

Full name of responsible person

Mrs. Kordlou

Street address

Tehran-hemmat highway-between shahid chamran and sheikh fazlolah- Iran university of medical sciences- vice chancellor for research & technology

City

Tehran

Grant name

Grant code / Reference number

Is the source of funding the same sponsor

organization/entity?

Yes

Title of funding source

vice chancellor for research & technology of Iran
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**

Iran University of Medical Sciences

Full name of responsible person

Behshid Farahmand

Position

Master of science/lecturer

Other areas of specialty/work**Street address**

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Full name of responsible person

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Position

Master of science in orthotics & prosthetics

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Web page address**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