

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

18 Jun 2026

### The effect of trunk Core stability exercises on improving balance

#### Protocol summary

##### Summary

The aim of this study is to investigate the effect of exercise on improving static balance, dynamic, and balance function in patients with acute ischemic stroke under. The study is a randomized controlled trial. 40 patients with acute ischemic stroke were randomly divided into 2 groups of 20 persons (experimental group received conventional therapy plus trunk strengthening exercises core stability, and the control group received conventional physical therapy). Demographic and clinical groups (balance sheet, test Tinetti, balance assessment tests Brunel) were collected and measured before and after the intervention. Group exercise will be carried out for 6 weeks and 3 times a week for 60 minutes. Conventional physical therapy program, patients will be included (static balance exercises, dynamic and functional, tons of training, stretching, range of motion exercises for the hemiparesis, and walk in Yarall, and movements related Hdfhmnd. In addition to conventional physical therapy patients in the experimental group, they did Stabilization training of the trunk muscles by 20 minutes per session.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2016082019135N3**

Registration date: **2016-08-30, 1395/06/09**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-08-30, 1395/06/09

##### Registrant information

###### Name

Ali Ghanjal

###### Name of organization / entity

Baqiyatallah University

###### Country

Iran (Islamic Republic of)

###### Phone

+98 88057022

###### Email address

ghanjal@bmsu.ac.ir

###### Recruitment status

**Recruitment complete**

###### Funding source

Baqiyatallah University of Medical Sciences

###### Expected recruitment start date

2013-06-22, 1392/04/01

###### Expected recruitment end date

2015-09-06, 1394/06/15

###### Actual recruitment start date

empty

###### Actual recruitment end date

empty

###### Trial completion date

empty

###### Scientific title

The effect of trunk Core stability exercises on improving balance

###### Public title

The effect of trunk Core stability exercises on improving balance in patients with subacute ischemic stroke.

###### Purpose

Treatment

###### Inclusion/Exclusion criteria

Inclusion criteria: acute ischemic stroke, unable to keep his balance standing and sitting for more than 5 seconds; having age between 65 to 80 years, selected about a month of getting them for the first time have suffered a stroke. Exclusion criteria: the inability to score more than three (pre-stroke), an orthopedic or neurological disorders affecting the balance in sitting or standing; the level of mini mental statement less than 24 points, having apraxia; hemineglect.

**Age**

From **64 years** old to **79 years** old

**Gender**

Both

**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)**

Single blinded

**Blinding description****Placebo**

Not used

**Assignment**

Parallel

**Other design features**

There is no Profile

**Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Baqiyatallah University of Medical Sciences

**Street address**

Mollasadra street

**City**

Tehran

**Postal code****Approval date**

2013-05-31, 1392/03/10

**Ethics committee reference number**

1724

**Health conditions studied****1****Description of health condition studied**

Stroke

**ICD-10 code**

G46

**ICD-10 code description**

g46.0 Middle cerebral artery syndrome.

**Primary outcomes****1****Description**

Gait study

**Timepoint**

Before and after the study

**Method of measurement**

Berg Balance Scale

**Secondary outcomes****1****Description**

Assessment of functional balance

**Timepoint**

Before and after the study

**Method of measurement**

Brunel Balance Assessment Test

**Intervention groups****1****Description**

experimental group will be made in addition to conventional physical therapy program, core stabilization exercises trunk to 20 minutes per session. The exercises will be carried out 3 times a week for 6 weeks (18 sessions), each time for 60 minutes.

**Category**

Rehabilitation

**2****Description**

The control group will carry out conventional physiotherapy. The exercises will be carried out 3 times a week for 6 weeks (18 sessions), each time for 60 minutes.

**Category**

Rehabilitation

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Trauma Research Center

**Full name of responsible person**

Ali Ghanjal

**Street address**

Baqiyatallah Hospital

**City**

Tehran

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Baqiyatallah University of Medical Sciences

**Full name of responsible person**

Ali Ghanjal  
**Street address**  
Mollasadra street  
**City**  
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**Grant name**  
پژوهشی  
**Grant code / Reference number**  
1724  
**Is the source of funding the same sponsor organization/entity?**  
Yes  
**Title of funding source**  
Baqiyatallah 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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**Full name of responsible person**  
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## Person responsible for updating data

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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