Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The evaluation and comparison of modified and routine warm up on knee joint function and dynamic balance in athletes

Protocol summary

Summary

Objectives: The effects of modified and routine warm up on the knee joint function and dynamic balance in athletes Design: Interventional Setting: 20 participants participate in study in 2 separate sessions with an interval of at least 48 hours to eliminate interference. Modified and routine warm up is performed in separate sessions. Participants including major eligibility criteria: Major inclusion criteria: Having regular exercise in different sports physical activity in the form of jumping,running and fast moving changing direction like basketball,football,vollyball and tennis at least 3 times a week for 45 min duration in past year. Major exclusion criteria: Low back and lower extremity injury; Neuromuscular disorders; Balance disorders; Musculoskeletal problems that stop exercising for more than 48 hours. Intervention: Modified and Routine warm up Main outcome variables: Knee joint function with 4 single leg hop test; Dynamic balance with star excursion balance test (SEBT)

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014120420204N1**
Registration date: **2015-02-10, 1393/11/21**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2015-02-10, 1393/11/21

Registrant information

Name

Elham Hamule

Name of organization / entity

Shiraz university of medical science

Country

Iran (Islamic Republic of)

Phone

+98 71 3235 2559

Email address

hamoule@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Shiraz university of medical science

Expected recruitment start date

2015-01-21, 1393/11/01

Expected recruitment end date

2015-04-19, 1394/01/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The evaluation and comparison of modified and routine warm up on knee joint function and dynamic balance in athletes

Public title

The effect of modified warm up on balance and knee joint function in athletes

Purpose

Prevention

Inclusion/Exclusion criteria

Major inclusion criteria:Having regular exercise in different sports physical activity in the form of jumping, running and fast moving changing direction like basketball, football, vollyball and tennis at least 3 times a week for 45 min duration in past year. Major exclusion criteria: Low back and lower extremity injury;

Neuromuscular disorders; Balance disorders; Musculoskeletal problems that stop exercising for more than 48 hours.

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

Gender
Both

Phase
2-3

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)
Not blinded

Blinding description

Placebo
Not used

Assignment
Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Shiraz university of medical science ethical comittee

Street address
Shiraz university of medical science, across the Felestin street, Zand street, Shiraz

City
Shiraz

Postal code

Approval date
2014-11-10, 1393/08/19

Ethics committee reference number
CT-9371-7181

Health conditions studied

1

Description of health condition studied
Healthy

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Knee joint function

Timepoint
Before and after intervention

Method of measurement
4 single leg hop test in CM

2

Description
Dynamic balance

Timepoint
Before and after intervention

Method of measurement
Star Excursion Balance Test in CM

Secondary outcomes

empty

Intervention groups

1

Description
Modified warm up

Category
Prevention

2

Description
Routine warm up

Category
Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center
Ghadir sport saloon

Full name of responsible person
Elham Hamoule

Street address
Abiverdi 1 street, chamran BLV, Shiraz

City
Shiraz

2

Recruitment center

Name of recruitment center
Hejab sport club

Full name of responsible person
Elham Hamoule

Street address
Hejab street, shiraz

City
Shiraz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, Shiraz university of medical science
Full name of responsible person
Dr Basir Hashemi
Street address
Vice chancellor for research office, 7th floor, Shiraz university of medical science, across Flesteen street, Zand street
City
Shiraz
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, Shiraz university of medical science
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
Shiraz university of medical science
Full name of responsible person
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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