

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 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, volleyball 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, volleyball 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 committee

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

Elham Hamoule

Position

Physiotherapist

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

Rehabilitation faculty, Abiverdi 1 street, Shiraz

City

Shiraz

Postal code**Phone**

+98 716271551

Fax**Email**

elham.ham2013@gmail.com; hamoule@sums.ac.ir

Web page address

Person responsible for scientific

inquiries

Contact**Name of organization / entity**

Shiraz university of medical science

Full name of responsible person

Dr Mohsen Razeghi

Position

PhD of Physiotherapy

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

Rehabilitation faculty, Abiverdi 1 street, Shiraz

City

Shiraz

Postal code**Phone**

+98 716271551

Fax**Email**

razeghm@sums.ac.ir

Web page address

Person responsible for updating data

Contact**Name of organization / entity**

Shiraz university of medical science

Full name of responsible person

Elham Hamoule

Position

Physiotherapist

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

Rehabilitation faculty, Abiverdi1 street, shiraz

City

Shiraz

Postal code**Phone**

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Fax**Email**

elham.ham2013@gmail.com; hamoule@sums.ac.ir

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