

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jul 2026

The effect of neuromuscular training of intact knee on static& dynamic balance and performance of injured knee after ACLreconstruction.

Protocol summary

Summary

The aim of this study is to asses the effect of neuromuscular training of intact knee on static& dynamic balance and performance of injured knee after ACL reconstructionin the present cilinical trial study , we recrute 30 patient undergoing ACL reconstruction (allograft) from chamran hospitaland allocated them randomly to the experimental or control group are randomly divided to the intervention and control group .inclusion criteria: patient with unilateral anterior cruciate ligament injury that have undergone ACL reconstruction and exclusion criteria:vestibular system disorder, orthopeadic-Rheumatologic-neurologic disorder in other joint in both extrimity, history of previous surgery in lower extrimity,lower extremity discrepancy. intervention group receive the usual rehabilitation protocol for two hours daily, 4 days per week for eight weeks and also receive intact neuromuscular training for thirty minutes daily, 4 days per week for eight week . function, static and dynamic balance is assessed by lysholm Questionnaire,Balance error scoring system,Stork stand test before surgery and eight weeks after surgery.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015032821553N1**

Registration date: **2015-04-10, 1394/01/21**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-04-10, 1394/01/21

Registrant information

Name

Motahareh Karimi Jashni

Name of organization / entity

Shiraz University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2015-04-09, 1394/01/20

Expected recruitment end date

2015-08-11, 1394/05/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of neuromuscular training of intact knee on static& dynamic balance and performance of injured knee after ACLreconstruction.

Public title

the effect of training of intact knee on improvement of function of reconstructed knee.

Purpose

Treatment

Inclusion/Exclusion criteria

inclusion criteria: patient with unilateral anterior cruciate ligament injury that have undergone ACL reconstruction.
exclusion criteria:vestibular system disorder;
orthoepadic-Rheumatologic-neurologic disorder in other joint in both extrimity; history of previous surgery in

lower extrimity;lower extremity discrepancy

Age

From **18 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shiraz University of Medical Sciences, Rehabilitation School

Street address

Shiraz School of Rehabilitation, First Abiverdi Ave, Chamran Boulevard

City

shiraz

Postal code

Approval date

2014-08-26, 1393/06/04

Ethics committee reference number

ct-9373-7143

Health conditions studied

1

Description of health condition studied

Patients with anterior cruciate ligament reconstruction

ICD-10 code

S83.5

ICD-10 code description

Sprain and strain involving (anterior)(posterior) cruciate ligament of knee

Primary outcomes

1

Description

performance

Timepoint

before intervention, eight weeks after intervention

Method of measurement

lysholm Questionnaire

2

Description

static balance

Timepoint

before intervention, eight weeks after intervention

Method of measurement

Balance error scoring system,Stork stand test

3

Description

dynamic balance

Timepoint

before intervention, eight weeks after intervention

Method of measurement

star excrusion test

Secondary outcomes

1

Description

pain

Timepoint

before intervention and eight week after intervention

Method of measurement

Pain Numeric Rating Scale

Intervention groups

1

Description

control group receive the usual rehabilitation protocol for two hours daily, 4 days per week for eight weeks.

Category

Rehabilitation

2

Description

intervention group receive the usual rehabilitation protocol for two hours daily, 4 days per week for eight weeks and also receive intact neuromuscular training for thirty minutes daily, 4 days per week for eight week.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Chamran Physiotherapy Center, Shiraz Chamran Hospital

Full name of responsible person

Motahareh Karimi Jashni

Street address

Chamran Physiotherapy Center, Chamran Hospital, Chamran Boulevard, Shiraz

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Dr. Mohammad Ali Sahmeddini

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Vice-Chancellery of Research, Shiraz University of Medical Sciences, Zand Ave

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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Shiraz 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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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