Clinical Trial Protocol
Iranian Registry of Clinical Trials

28 Oct 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 recruite 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

Country

Iran (Islamic Republic of)

Phone

+98 71 3735 3390

Email address

mahb_karimi@sums.ac.ir

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; orthopeadic-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

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

City
Shiraz

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
Shiraz University of Medical Sciences , Rehabilitation School

Full name of responsible person
Motahareh Karimi Jashni

Position
master student of sport physiotherapy

Other areas of specialty/work

Street address
Shiraz School of Rehabilitation, First Abiverdi Ave, Chamran Boulevard.

City
shiraz

Postal code

Phone
+98 71 3627 1551

Fax
+98 71 3627 2495

Email
jashni9@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Shiraz University of Medical Sciences , Rehabilitation School

Full name of responsible person
Dr.Fahimeh Kamali Sarvestani

Position
Phd of physiotherapy

Other areas of specialty/work

Street address
Shiraz School of Rehabilitation, First Abiverdi Ave, Chamran Boulevard.

City
Shiraz

Postal code

Phone
+98 71 3627 1551

Fax
+98 71 3627 2495

Email
fahimehkamali@sums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity
Shiraz University of Medical Sciences ,Rehabilitation School

Full name of responsible person
Motahareh Karimi Jashni

Position
master student of sport physiotherapy

Other areas of specialty/work

Street address
Shiraz School of Rehabilitation, First Abiverdi Ave, Chamran Boulevard.

City
Shiraz

Postal code

Phone
+98 71 3627 1551

Fax
+98 71 3627 2495

Email
jashni9@yahoo.com

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