

Clinical Trial Protocol

Iranian Registry of Clinical Trials

23 Aug 2026

Effects of selected Tai Chi exercises and core stabilization exercises on balance and quality of life in multiple sclerosis patients with emphasis on EDSS

Protocol summary

Summary

The aim of this Double-blind study (Blinding for groups of participants and the receiver test) will be the comparison of the effects of Tai Chi and core stability exercise on (static and dynamic) balance and quality of life in multiple sclerosis women with emphasis on EDSS. 72 women with multiple sclerosis with $1 \leq \text{EDSS} \leq 6$ voluntarily participated in this study. Patients will be randomly divided into three groups (Tai Chi = 24 people, core stability = 24 people, control = 24 people). Then Each group will be divided into two subgroups (mild degree of disability and moderate degree of disability). Before the beginning of training, static and dynamic balance will be evaluated by the use of Biodex balancing machine gauge, and by the use of the quality of life questionnaire which contains 54 questions for multiple sclerosis patient, the quality of life of participants will be evaluated. The first intervention groups during 8 weeks (three times a week) will practice Tai Chi and the second innervation group in the same period, will participate in the core stability exercises. In this period, the control group will not experience any exercise. After training period, the balance (static and dynamic), stability and quality of life of participants will be re-evaluated.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016012422194N2**

Registration date: **2016-08-04, 1395/05/14**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-08-04, 1395/05/14

Registrant information

Name

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Neurology Research Center, Kerman University of Medical Sciences

Expected recruitment start date

2015-03-20, 1393/12/29

Expected recruitment end date

2015-03-20, 1393/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of selected Tai Chi exercises and core stabilization exercises on balance and quality of life in multiple sclerosis patients with emphasis on EDSS

Public title

The effects of exercise therapy on improvement of symptoms of multiple sclerosis patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Without any history of cardiovascular disease, Metabolical and epilepsy : The definitive diagnosis of MS by the neurologist: At least has three periods of relapse and remission: not being pregnant: Has not done any exercise at least for three regular month: Willing to participate in the research project: At least last three month from the last MS attack :EDSS shold be between 1 to 6 . Exclusion criteria: MS relapse during treatment : During intervention becomes pregnant: Exeret of intervention of patients medication should be change during 8 weeks.

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 72

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Double blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Neurology Research Center, Kerman University of medical sciences

Street address

Deputy of Research and Technology of , Kerman University of Medical Sciences, Somayeh Cross way, Kerman

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Approval date

2016-01-06, 1394/10/16

Ethics committee reference number

IR.KMU.REC.1394.455

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

Multiple Sclerosis

ICD-10 code

G35

ICD-10 code description

Demyelinating diseases of the central nervvous system

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

Static balance

Timepoint

3 days before the begining of intervention and 3 days after the end of intervention

Method of measurement

Biodex

2**Description**

Dynamic balance

Timepoint

3 days before the begining of intervention and 3 days after the end of intervention

Method of measurement

Biodex

3**Description**

Quality of Life

Timepoint

3 days before the begining of intervention and 3 days after the end of intervention

Method of measurement

Questionnaire

Secondary outcomes

empty

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

8 Weeks tai chi exercise

Category

Rehabilitation

2**Description**

8 Weeks core stability exercise

Category

Rehabilitation

3

Description

control group without any exercise

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Neurology Researcher Center, Kerman University of Medical Sciences

Full name of responsible person

Hossein Ali Ebrahimi

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Sponsors / Funding sources

1

Sponsor

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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

Deputy of Research and Technology , Kerman 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

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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