Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Assessment of effectiveness of short-term exercise therapy on functional capacity, balance and quality of life in patients with parkinson disease

Protocol summary

Summary

This study will be run by cooperation of neurology and sports medicine departments of Rasool akram hospital. Fifty patients with Parkinson Disease in defined condition will be referred from neurology clinic for exercise therapy. At first, all patients with PD will be evaluated with 6 -minute walk test for functional capacity and time up and go test for balance and all of them will fill out the questionnaire of Quality of Life SF. Then they will be divided randomly to two groups of control and intervention. Exercise therapy begin as standard protocol on treadmill in intervention group during 10 weeks and all of them will be evaluated in at the end of exercise therapy, 2- month and 4-month interval by tests and questionnaire.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015062322891N1**
Registration date: **2015-07-29, 1394/05/07**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2015-07-29, 1394/05/07

Registrant information

Name

Afsaneh Safar Cherati

Name of organization / entity

Rasoul Akram hospital , Iran university of Medical Science

Country

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Recruitment status

Recruitment complete

Funding source

Iran University of Medical Sciences

Expected recruitment start date

2015-08-23, 1394/06/01

Expected recruitment end date

2016-08-23, 1395/06/02

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessment of effectiveness of short-term exercise therapy on functional capacity, balance and quality of life in patients with parkinson disease

Public title

Effectiveness of exercise therapy on improvement of quality of life in patients with parkinson disease

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: diagnosed with Parkinson's Disease; being on phase (responsiveness to drug); being on moderate phase (UPDRS). Exclusion criteria: freezing gait; atypical Parkinson syndrome (progressive supranuclear palsy, multiple system atrophy, drug-induced etc.); have more than 2 risk factor for cardiovascular disease; significant osteoporosis or arthritis; other neurological disease/complications (e.g. myopathy, stroke, brain lesion, MS); history of significant cardiovascular accident or MI.

Age

From **30 years** old to **80 years** old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **50**

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

Iran University of Medical science Ethics committee

Street address

Hemmat highway

City

Tehran

Postal code

Approval date

2015-06-14, 1394/03/24

Ethics committee reference number

IR.IUMS.rec.1394.8811215235

Health conditions studied

1

Description of health condition studied

Parkinson disease

ICD-10 code

G20

ICD-10 code description

Parkinsonism or Parkinson disease

Primary outcomes

1

Description

Functional Capacity

Timepoint

10 weeks after begining of trial , 2 and 4 month after finishing trial

Method of measurement

6-minute Walk test , SF-8 quality of Life Questionairre

2

Description

Balance

Timepoint

10 weeks from begining of trial , 2 and 4 month after trial

Method of measurement

Up and go test

3

Description

Quality of Life

Timepoint

10weeks after begining of trial , 2 and 4 months after finishing the trial

Method of measurement

8-SF Questionnaire Quality of Life

Secondary outcomes

1

Description

Activity of Daily Life

Timepoint

2 and 4 months after study

Method of measurement

6- minute walk test

Intervention groups

1

Description

intervention name : Exercise Therapy and drug therapy intervention description : patients with mid phase PD that have been on drug treatment , Levodopa, will be undergone exercise therapy on treadmill 3 times a week with mild to moderate intensity 30 to 50 minutes every seesion for 10 weeks

Category

Other

2

Description

Interventopn name : drug therapy Control group : patiens wiyh midphase Parkinson disease are on Levodopa treatment

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Nerology Clinic in
Full name of responsible person
Dr Amirhassan Habibi
Street address
Rasoul Akram Hospital, Shahrara, Sattar Khan st.
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Iran University of Medical Sciences
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Afsaneh Safar Cherati
Street address
Rasoul hospital, Sattaer Khan avenue
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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
Iran 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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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