

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Jul 2026

Pilates exercise on symptoms of rheumatoid arthritis patients and lower extremity function

Protocol summary

Summary

The aim of this study was to determine the effect of Pilates exercise on rheumatoid arthritis symptoms and joint function in limbs. In this study, randomization, all patients with rheumatoid arthritis were referred to Yasouj Mofateh martyr. A total of 70 patients with RA were divided into two groups of 35 intervention and 35 control subjects were included. Data related to symptoms and lower extremity function using questionnaires (KOOKS), (FAOS) and (WOMAC) were collected. Inclusion criteria: age over 18 years, the lack of physical and mental debilitating disease, the ability to do Pilates exercise twice a week. Exclusion criteria: physical and mental debilitating disease during the intervention, the absence of a meeting, a joint surgery, the risk of a severe form of the disease. The first case examples Inclusion criteria were divided randomly into control and experimental groups. The Pilates exercise 14 one-hour sessions over a period of 3 months, the intervention group was based on the protocols and instructions. Teaching Methods: Practical directly to conduct two expert physical education in separate groups for men and women was conducted. People in the control group did not receive any intervention. Educational content, including sports and recreational activities, the performance of daily living and quality of life. The relevant questionnaire one week before and one week after the intervention was completed.

General information

Acronym

-

IRCT registration information

IRCT registration number: **IRCT2015092624201N1**

Registration date: **2016-01-27, 1394/11/07**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-01-27, 1394/11/07

Registrant information

Name

Abolfazl Taghipour

Name of organization / entity

Yasouj University of Medical Sciences

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Yasouj University of Medical Sciences

Expected recruitment start date

2015-04-30, 1394/02/10

Expected recruitment end date

2015-11-01, 1394/08/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Pilates exercise on symptoms of rheumatoid arthritis patients and lower extremity function

Public title

Pilates exercise on symptoms of rheumatoid arthritis patients and lower extremity function

Purpose

Supportive

Inclusion/Exclusion criteria
Inclusion criteria: Aged 18 to 50 years, diagnosed by a rheumatologist with rheumatoid arthritis, at least literacy, physical and cognitive ability to participate in exercise, personal satisfaction and conscious, active phase of the disease. Exclusion criteria: The absence of more than one session, having comorbidities (heart, lung and mental disorders), having osteoarthritis or other inflammatory diseases of the joints.

Age
From **17 years** old to **49 years** old

Gender
Both

Phase
2

Groups that have been masked
No information

Sample size
Target sample size: **70**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Yassouj University of Medical Sciences

Street address

Yassouj University of Medical Science, Shahid Motahari street

City

Yassouj

Postal code

Approval date

2015-04-29, 1394/02/09

Ethics committee reference number

YUMS.REC.1394.07

Health conditions studied

1

Description of health condition studied

Rheumatoid arthritis

ICD-10 code

-

ICD-10 code description

-

Primary outcomes

1

Description

Signs and performance rheumatoid arthritis patients

Timepoint

6 months

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Quality of life

Timepoint

6 months

Method of measurement

Questionnaire

Intervention groups

1

Description

Intervention group 1: Patients in the 5 groups of 7 were divided. Pilates exercise 14 one-hour sessions over 3 months on the basis of the protocol and the relevant instructions directly to conduct two intervention groups specializing in physical education in separate groups for men and women was conducted. Each session lasted for an hour. This time includes 10 minutes of warm up exercises before Pilates techniques, 40 minutes of Pilates exercises (with a gradual increase to 20 minutes) and finally cooling was 10 minutes. All exercises with the principle of progressive overload in the number of repetitions and duration of each movement held during the 14th session of the training program was designed. First, the number of repetitions of 3 motion Pilates exercises in the context of each subject and gradually increased up to 10 moves. The length of each of the first 15 seconds to start and gradually increased to 1 minute. (Meeting include: first and second practice session Hundred. Third and fourth practice sessions Clam. fifth and sixth session practice Twist. seventh and eighth session practice Scissor. ninth and tenth session practice Kick. eleven and twelve session practice Circle. Thirteen and fourteen session practice Rise.)

Category

Rehabilitation

2

Description

Control group: People in the control group will not

receive any intervention .

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Rheumatology clinic of Shahid Mofateh

Full name of responsible person

Abolfazl Taghipour

Street address

Rheumatology clinic of Shahid Mofateh, Shahid Beheshti Street, Shahid Mofateh Clinic.

City

Yassouj

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Yasouj University of Medical Sciences .

Full name of responsible person

Abd Mohammad Mousavi

Street address

Yassouj University of Medical Science, Motahari Bolvar, Yasouj

City

Yassouj University of Medical Science, Motahari Bolvar.

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, Yasouj 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

Yassouj University of Medical Science

Full name of responsible person

Abolfazl Taghipour

Position

Nursing Graduate Student

Other areas of specialty/work

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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