# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

22 Nov 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 is rheumatoid arthritis symptoms and joint function limbs . In this study, randomization , all patients with rheumatoid arthritis were referred to Yasouj Mofateh martyr .A total of 70 patients with RA 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
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Yasouj University of Medical Sciences
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**Recruitment status**

**Recruitment complete**

**Funding source**

Vice chancellor for research, Yassouj 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 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**

Yassuj Univercity of Medical Science, Shahid Motahari street

**City**

Yassuj

**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 Univercity 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**

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Yassouj Univercity of Medical Science

**Full name of responsible person**

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Nursing Graduate Student

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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*