

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jun 2026

The study of the effects of balance training on knee and ankle joint position senses and equilibrium time on single foot in healthy students (20-30 Y/O)

Protocol summary

Summary

This study was done to investigate the effect of balance training on single leg balance and amount of error in repositioning of joint angle. Healthy university students, aged 20-30 years, participated in this study. Thirty participants were recruited (15 in each group) to receive balance training for 6 weeks (3 times per week for 30 minutes) or no exercise. Single leg balance and amount of error were measured before and after the intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138806092391N1**

Registration date: **2010-09-07, 1389/06/16**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-09-07, 1389/06/16

Registrant information

Name

Zahra Rojhani Shirazi

Name of organization / entity

Shiraz University of Medical Sciences, School of Rehabilitation Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 1627 1552

Email address

rojhaniz@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2009-09-01, 1388/06/10

Expected recruitment end date

2010-03-01, 1388/12/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The study of the effects of balance training on knee and ankle joint position senses and equilibrium time on single foot in healthy students (20-30 Y/O)

Public title

effect of exercise on equilibrium

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: healthy students (20-30 years old) of Shiraz faculty of rehabilitation Exclusion criteria: fracture in lower extremity, musculoskeletal diseases in lower extremity such as myopathy, sensory disorders such as position sense and proprioception, ankle and knee joints ligamentous injuries and history of doing exercise regularly (3 times a week 30-45 minute per session)

Age

From **20 years** old to **30 years** old

Gender

Female

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)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shiraz University of Medical Sciences

Street address

Ethics Committee

City

Shiraz

Postal code

2009/8/3

Approval date

2009-03-08, 1387/12/18

Ethics committee reference number

4621-88-CT

Health conditions studied

1

Description of health condition studied

balance disorder

ICD-10 code

G37

ICD-10 code description

Other demyelinating diseases of central nervous system

Primary outcomes

1

Description

equilibrium time

Timepoint

before and after 6 weeks exercise

Method of measurement

duration of standing on one leg (second)

2

Description

position sense

Timepoint

before and after 6 weeks exercise

Method of measurement

amount of error in repositioning(degree)

Secondary outcomes

empty

Intervention groups

1

Description

balance training for 6 weeks-3 times per week- each session 30 minutes

Category

Treatment - Drugs

2

Description

No exercise during 6 weeks for control group

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Shiraz University of Medical Sciences

Full name of responsible person

Street address

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Zahra Rojhani Shirazi

Street address

Shiraz Faculty of Rehabilitation

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
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Full name of responsible person
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Person responsible for scientific inquiries

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Person responsible for updating data

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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