Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

comparison of the effects of deep stroking massage and calf muscles stretch on postural control in people range 50-65 year old

Protocol summary

Summary

To Compare the effects of deep stroking massage and calf muscles stretch on postural control . 22 people range 50-65 year old, participated in this study. At first individual stands with open and close eyes for 20 minutes. This process is repeated 2 times with open eyes and 2 times with close eyes. the balance by the force plate is measured. randomly people receive deep stroking massage of 4 minutes to the each of foot or three times stretch for 45 seconds with 30 seconds rest . after receiving any of the stimuli , the equilibrium is measured. For elimination of the effects of prior stimulation, there is 30 minutes interval between stimuli.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201203152391N5**
Registration date: **2012-09-09, 1391/06/19**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2012-09-09, 1391/06/19

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

2012-01-21, 1390/11/01

Expected recruitment end date

2012-06-21, 1391/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

comparison of the effects of deep stroking massage and calf muscles stretch on postural control in people range 50-65 year old

Public title

The effects of stretch and massage on postural control

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: All elderly people (female or male), age range 50-65 years Exclusion criteria: Any report of lower extremity injuries such as fractures;dislocations, muscle lesions, soft tissue damage (at least during the last 6 months) ; Any surgery on the muscles, joints and bones in the lower extremities ; Pain in the ankle and knee during the test; Pain and trauma to the lower extremities in the past six months ; Skeletal and nervous diseases like rheumatism , myopathy and neuropathy ;regular exercise (at least 3 times a week for 30-45 minutes each time) ; disorder in balance and middle ear by self report ; People with a short Achilles tendon ; knee flexion contracture ; Individuals with a history of back pain

Age

From **50 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **22**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Crossover

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shiraz University of Medical Sciences

Street address

Ethics Committee, Shiraz faculty of medicine, Zand blvd.

City

shiraz

Postal code

Approval date

2010-09-23, 1389/07/01

Ethics committee reference number

5939

Health conditions studied

1

Description of health condition studied

balance disorders

ICD-10 code

G60,G61,G6

ICD-10 code description

Polyneuropathies and other disorders of the peripheral nervous system

Primary outcomes

1

Description

postural control

Timepoint

before and after application of interventions

Method of measurement

amount of displacement and velocity of center of pressure

Secondary outcomes

empty

Intervention groups

1

Description

First intervention:Three times stretch for 45 seconds with 30 seconds rest to feet

Category

Other

2

Description

Second intervention: Deep stroking massage for 4 minutes to feet

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

physiotherapy’s clinics

Full name of responsible person

Zahra Rojhani Shirazi

Street address

Shiraz Faculty of Rehabilitation, Chamran blvd.

City

shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

ǧholamreza hatam

Street address

Shiraz Faculty of Rehabilitation, Chamran blvd.

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
Shiraz University of Medical Sciences
Full name of responsible person
Zahra Rojhani Shirazi
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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