

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

07 Jul 2026

### The effect of balance training on clinical balance performance in obese subjects following bariatric surgery range 20-50 year old

#### Protocol summary

##### Summary

Objective: To determine the effect of balance training on clinical indicators of balance in obese patients seeking bariatric surgery Inclusion criteria: Obese patients with a BMI over 35 Kg/m<sup>2</sup>; surgery to shrink the stomach have been Exclusion criteria: those with a history of musculoskeletal problems, fractures; Study population: obese patients who have undergone surgery to shrink the stomach Sample size: 32 Intervention Study: balance exercises Intervention period: 4 weeks Primary outcome: Balance Sample size: 32 Intervention period: 4 weeks Intervention balance exercises

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201404262391N22**  
Registration date: **2014-07-04, 1393/04/13**  
Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2014-07-04, 1393/04/13

##### 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 science

##### Expected recruitment start date

2013-12-02, 1392/09/11

##### Expected recruitment end date

2014-09-21, 1393/06/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of balance training on clinical balance performance in obese subjects following bariatric surgery range 20-50 year old

##### Public title

Effects of balance exercises to improve balance in obese

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: Obese patients with a BMI over 35 Kg/m<sup>2</sup>; surgery to shrink the stomach have been Exclusion criteria: those with a history of musculoskeletal problems, fractures;

##### Age

From **20 years** old to **50 years** old

##### Gender

Both

##### Phase

N/A

##### Groups that have been masked

*No information*

##### Sample size

Target sample size: **32**

##### Randomization (investigator's opinion)

N/A

**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**

Shiraz, University of Medical Science

**Street address**

Shiraz, CHamran, Rehabilitation College

**City**

Headquarters of Medical Sciences, Zand street/SHiraz

**Postal code**

1978-71345

**Approval date**

2010-09-23, 1389/07/01

**Ethics committee reference number**

no

**Health conditions studied**

1

**Description of health condition studied**

obesity

**ICD-10 code**

E66.9

**ICD-10 code description**

Obesity, unspecified

**Primary outcomes**

1

**Description**

balance

**Timepoint**

One time before surgery to shrink the stomach and once 4 weeks after surgery

**Method of measurement**

Measuring instruments: observation.lateral reach test ,sit up and go test , Star Excursion Balance Test single leg stance test

**Secondary outcomes**

empty

**Intervention groups**

1

**Description**

Those in the control group is not doing any exercise

**Category**

N/A

2

**Description**

Intervention group do balance exercises 45 minutes per session and 4 sessions per week for 4 weeks, do as follows : Standing on one foot , standing in tandem ( one should gradually increase the time between the last exercise ) , standing on one leg when the eye is closed , walk into a tandem ( one foot in front of the other foot ) , walking on the toes and heels, side walk when walking on a raised front legs , jumping around the seat , moving the head from side to side , walk four steps backward , twisting and Akstnd to Srhmrh by standing on one leg or tandem mode and shift weight from one foot to the other foot . Periodic exercises done without rest between workouts so that each session is 45 minutes to devote to the exercises .

**Category**

Treatment - Other

**Recruitment centers**

1

**Recruitment center**

**Name of recruitment center**

SHiraz Ghadir Hospital

**Full name of responsible person**

Zahra Rojhani Shirazi

**Street address**

SHiraz GHadir Hospital; SHiraz

**City**

SHiraz

**Sponsors / Funding sources**

1

**Sponsor**

**Name of organization / entity**

SHiraz University of Medical Science

**Full name of responsible person**

Dr Sahmoldini

**Street address**

SHiraz University of Medical Science, Zand street/SHiraz

**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 Science

**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 Science, Rehabilitation  
College**Full name of responsible person**

Zahra Rojhani SHirazi

**Position**

PHD

**Other areas of specialty/work****Street address**

Rehabilitation College, CHamran Street, SHiraz

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Rehabilitation College

**Full name of responsible person**

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**Position**

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**Web page address****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*