Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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/m2; 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
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Iran (Islamic Republic of)
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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/m2; 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 Srhmrah 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
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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