Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of pelvic floor muscle exercise on wound healing indexes in womens after colorectal surgery

Protocol summary

Summary

Objective: The effect of pelvic floor muscle exercise on wound healing indexes in women after colorectal surgery. The study population: consist of general surgery patients who have had recorded accounts in Vice-Chancellor in treatment affairs of Yasuj University of Medical Sciences. Inclusion and exclusion criteria: Inclusion criteria include female gender; not having diabetes and cancer; ability to read and write.Exclusion criteria included:patients unwillingnss for taking part in this study, getting worse of patients general situation and needs for hospitalization. Sample size: 48 patients in intervention group (group 1) and 48 patients in control group (group 2) were allocated. In Group 1 pelvic exercise program presented As a group to research units And they will be asked during an 14-days, two times a day to do exercise, so that way every time exercises should be 10 contraction 5 to 10 seconds in a state lying, sitting and standing and subsequent 10 seconds of rest is recommended. in control group(gruop2) No intervention was done. the primary out come: the rate of pain in women after colorectal surgeries.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016030126862N1**
Registration date: **2016-09-05, 1395/06/15**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-09-05, 1395/06/15

Registrant information

Name

Fatemeh Pirami

Name of organization / entity

Yasouj University of Medical Science

Country

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for research of Yasuj University of Medical Science

Expected recruitment start date

2016-05-01, 1395/02/12

Expected recruitment end date

2016-09-02, 1395/06/12

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of pelvic floor muscle exercise on wound healing indexes in womens after colorectal surgery

Public title

The effect of pelvic floor muscle on pain and the recovery of wound in womens , after colorectal surgery

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria were: female gender; not having diabetes and cancer; implement one of colorectal surgery procedures; ability to read and write. Exclusion criteria included:patients unwillingnss for taking part in this study, Patient re-hospitalization due to complications

after surgery.

Age
From **17 years** old to **60 years** old

Gender
Female

Phase
2

Groups that have been masked
No information

Sample size
Target sample size: **96**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
Ninety-six patients underwent colorectal surgery by blocking will be divided into two groups.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Yasuj University of Medical Sciences

Street address
Research Management of Yasuj University of Medical Sciences, Research and Technology Deputy of Yasuj University of Medical Sciences, Shahid Motahary Blvd., Yasuj, Iran

City
Yasuj

Postal code
00987591741417

Approval date
2016-04-30, 1395/02/11

Ethics committee reference number
IR.YUMS.REC.1395.21

Health conditions studied

1

Description of health condition studied
colorectal disease

ICD-10 code
k60, k61,

ICD-10 code description
other colorectal disease

Primary outcomes

1

Description
pain

Timepoint
Before and after exercising in the hours of 6, 12, 18, 24 and 48 after surgery

Method of measurement
Numeric pain scale

2

Description
Wound healing parameters

Timepoint
On days 3, 7 and 14 after operation

Method of measurement
Scale wound healing Reda

Secondary outcomes

empty

Intervention groups

1

Description
In Group 2, control group receive no specific intervention.

Category
Behavior

2

Description
the exercise program of floor muscles is presented to units in the intervention group, and asked them to do this exercise twice a day, in fourteen days, so that way every time exercises should be 10 contraction 5 to 10 seconds in a state lying, sitting and standing and subsequent 10 seconds of rest is recommended.

Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Office of an assisstant of treatment of Yasuj University of Medical Science

Full name of responsible person
shahla Najafidolatabad

Street address
Nursing and Midwifery College, Shahid Dr. Jalil St., Yasuj, Iran

City
Yasouj

2

Recruitment center
Name of recruitment center
Yasuj University of Medical Science
Full name of responsible person
shahla najafidolatabad
Street address
Nursing and Midwifery College, Shahid Dr. Jalil St., Yasuj, Iran
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research,Yasuj University of Medical Sciences
Full name of responsible person
Doctor Mehdi Akbartabar turi
Street address
Research Management of Yasuj University of Medical Sciences, Research and Technology Deputy of Yasuj University of Medical Sciences, Shahid Motahary Blvd., Yasuj, Iran
City
Yasuj
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,Yasuj 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
Yasuj University of Medical Science
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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