Clinical Trial Protocol
Iranian Registry of Clinical Trials

20 Jun 2026

comparison of effects of pilates and postural exercises on vital capacity postural improvement and balance on people with visual disorders

Protocol summary

Summary

The aim of this study was to compare the effect of Pilates exercises and postural vital capacity, improving posture and balance in people with visual disorders. Blinding is not possible in this study blinding. The main inclusion criteria is visual impairment and postural disorders and cardiovascular disorders is the main exclusion criteria. The number of participants will be 90 people in three groups of 30 each. People are randomly divided into three groups. The first group received in addition to routine physical Pilates exercises, the second group received the routine physical exercises and postural last group received only benefit from physical therapy. The exercises are performed for two weeks that patients far more hyperkyphosis, vital capacity and the balance will be evaluated before and after the intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016111530904N1**
Registration date: **2016-12-09, 1395/09/19**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2016-12-09, 1395/09/19

Registrant information

Name

Mohammad Mehdi Beheshti Pour

Name of organization / entity

Semnan University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 25 3773 3594

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Recruitment status

Recruitment complete

Funding source

Semnan University of Medical Sciences

Expected recruitment start date

2017-01-19, 1395/10/30

Expected recruitment end date

2017-04-20, 1396/01/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

comparison of effects of pilates and postural exercises on vital capacity postural improvement and balance on people with visual disorders

Public title

effects of exercise on Breathing, postural improvement and balance

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Patients with visual impairments who are visually impaired according to Indicators of Well-Being Organization; People with visual impairments, women and males aged 35-55 years who are at least 10 years of getting past them to vision impairment; People who have completed consent form to participate in the study voluntarily wish to participate in this study; FHP people at them with an assessment of the plumb line approved Exclusion criteria: Systemic inflammatory diseases such as conjunctivitis; Patients with severe spinal canal stenosis, spondylolisthesis, fibromyalgia;

Cancer patients and patients who recently underwent chemotherapy and radiotherapy; Pregnancy; Cardiovascular disease; Patients with neuromuscular problems and severe mental health problems; history of spinal surgery; Physiotherapy during the last 6 months on the spine; Respiratory problems; People with cerebellar problems, ear and central nervous system

Age
From **35 years** old to **55 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **90**

Randomization (investigator's opinion)
Randomized

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
Semnan University of Medical Sciences

Street address
Kilometer 5; Semnan Damghan road

City
Semnan

Postal code

Approval date
2016-11-12, 1395/08/22

Ethics committee reference number
ir.semums.rec.1395.141

Health conditions studied

1

Description of health condition studied
blindness binocular

ICD-10 code
H54.0

ICD-10 code description
Blindness, binocular

2

Description of health condition studied
Severe binocular visual impairment

ICD-10 code
H54.1

ICD-10 code description
Severe visual impairment, binocular

Primary outcomes

1

Description
static balance

Timepoint
Beginning of research and end of the eighth week

Method of measurement
Single-leg standing test

2

Description
Vital capacity

Timepoint
Beginning of research and end of the eighth week

Method of measurement
in milliliters with Spirometer

3

Description
Hyperkyphosis

Timepoint
Beginning of research and end of the eighth week

Method of measurement
in Degrees with The angle between Horizontal line passing through seventh cervical vertebrae and Filed the listen tab and seventh cervical vertebrae

4

Description
dynamic balance

Timepoint
Beginning of research and end of the eighth week

Method of measurement
Y balance test

Secondary outcomes

empty

Intervention groups

1

Description
Group Pilates exercises. 8-week period. 3 sessions per weeks exercise

Category
Rehabilitation

2

Description
Group Postural exercises. 8-week period. 3 sessions per weeks exercise
Category
Rehabilitation

3

Description
control Group. 8-week period. 3 sessions per weeks rutin phisiotherapy
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Tabatabai Research Center
Full name of responsible person
Mohammad Mehdi Beheshti Pour
Street address
Tabatabai Research Center; Mashahir Avenue; Semnan
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Semnan University of Medical Sciences
Full name of responsible person
Mohammad Amoozade Khalili; Research assistant
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kilometer 5; Semnan Damghan road
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Semnan 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
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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