

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 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.

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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

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)

Phone

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

City

Semnan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Mohammad Amoozade Khalili; Research assistant

Street address

kilometer 5; Semnan Damghan road

City

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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

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Mohammad Mehdi Beheshti Pour

Position

Masters student

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