Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Effects of hippotherapy on stability in patients with multiple sclerosis

Protocol summary

Summary

Our aim in this study is to evaluate the efficacy of hippotherapy on stability in patients with multiple sclerosis. In a unicentral clinical trial 30 patients with multiple sclerosis from both genders referring to the physiotherapy clinic of Emam Reza hospital, Tabriz, Iran, would be involved. The key inclusion criteria are to be 18 years old or older; to have the ability to stand upright for at least 1 minute and the key exclusion criteria are MS patients who have undergone an amputation; MS patients with CVA or Diabetes. Falling risk and postural stability using a specific set would be measured before starting the hippotherapy (Baseline) and each 4 weeks for all the individuals. The treatment would be continued for 12 weeks for 3 sessions in a week and each session for half an hour. The treatment will be continued for 16 weeks if we find out that the treatment outcome is not as well as what we expected. Outcome measures would include Berg Balance Scale, Disability Score, Falling Risk and Postural stability. Gathered data for pre and post treatment measures will be compared to draw a conclusion.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201206102664N2**
Registration date: **2012-06-13, 1391/03/24**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2012-06-13, 1391/03/24

Registrant information

Name

Yaghoub Salekzamani

Name of organization / entity

Tabriz University of medical sciences

Country

Iran (Islamic Republic of)

Phone

+98 41 1337 3967

Email address

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Recruitment status

Recruitment complete

Funding source

Tabriz University of Medical Sciences

Expected recruitment start date

2012-03-18, 1390/12/28

Expected recruitment end date

2012-12-18, 1391/09/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of hippotherapy on stability in patients with multiple sclerosis

Public title

Proposing a new method in treatment of patients with Multiple Sclerosis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: (to be 18 years old or older; to have the ability to stand upright for at least 1 minute; not to have a history of prior orthopedic or other non-MS-associated conditions; not to have a history of prior hippotherapy) Exclusion criteria: (MS patients who have undergone an amputation; MS patients with CVA or Diabetes)

Age

From **18 years** old to **149 years** old

Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Tabriz University of Medical Sciences
Street address
Vice chancellor for research, Tabriz University of Medical Sciences, Daneshgah Square
City
Tabriz
Postal code
Approval date
2012-03-12, 1390/12/22
Ethics committee reference number
9022

Health conditions studied

1

Description of health condition studied
Multiple Sclerosis
ICD-10 code
G35
ICD-10 code description
Multiple sclerosis

Primary outcomes

1

Description
Disability Score
Timepoint
Before starting hippotherapy and then each 4 weeks for 12 weeks
Method of measurement
Using a check list

2

Description
Berg Balance Scale
Timepoint
Before starting hippotherapy and then each 4 weeks for 12 weeks
Method of measurement
Using a check list

3

Description
Falling Risk
Timepoint
Before starting hippotherapy and then each 4 weeks for 12 weeks
Method of measurement
Using a specific set

4

Description
Postural Stability
Timepoint
Before starting hippotherapy and then each 4 weeks for 12 weeks
Method of measurement
Using a specific set

Secondary outcomes

empty

Intervention groups

1

Description
The treatment for all the ptients would be continued for 12 weeks for 3 sessions in a week and each session for half an hour. The treatment will be continued for 16 weeks if we find out that the treatment outcome is not as well as what we expected.
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Physiotherapy clinic of Emam Reza hospital
Full name of responsible person
Said Siahi
Street address
City

Tabriz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tabriz University of Medical Sciences
Full name of responsible person
Alireza Ostad Rahimi
Street address
Vice chancellor for research, Tabriz University of Medical Sciences, Daneshgah square
City
Tabriz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Tabriz 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
Tabriz University of Medical Sciences
Full name of responsible person
Said Siahi
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Physiotherapy resident
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Person responsible for scientific inquiries

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Yaghoub Salek Zamani
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Assistant professor/ Physiatrist
Other areas of specialty/work
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Person responsible for updating data

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Fax
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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