

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

08 Jul 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

Yaghoob Salekzamani

**Name of organization / entity**

Tabriz University of medical sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 41 1337 3967

###### Email address

salekzamaniy@tbzmed.ac.ir

###### 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 patients 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**

## 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

**Position**

Physiotherapy resident

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dr.saidsiahi@gmail.com

**Web page address**

## Person responsible for scientific inquiries

#### Contact

**Name of organization / entity**

Tabriz University of Medical Sciences

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Yaghoub Salek Zamani

**Position**

Assistant professor/ Physiatrist

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## Person responsible for updating data

#### Contact

**Name of organization / entity**

Tabriz University of Medical Sciences

**Full name of responsible person**

Said Siahi

**Position**

Physiotherapy resident

**Other areas of specialty/work****Street address**

Physiotherapy ward of Emam Reza hospital

**City**

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**Postal code****Phone**

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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*