

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

The Effects of Pilates Exercise Following Total Hip Arthroplasty

Protocol summary

Summary

The purpose of the study: Impaired range of motion (ROM), muscular weakness, and decreased function are complications following total hip arthroplasty (THA). The aim of this study was to investigate the potential role of Pilates training method in addressing above-mentioned deficits in patients after THA. Inclusion criteria: The posterior approach of THA surgery on the right hip, passing a week of subacute stage interventions. Exclusion criteria: Remain in a state of acute and subacute after surgery. The sample size of the study population: The participants consisted of 38 male patients who had undergone hip arthroplasty. Intervention and time of the study: This study was done in 1393. Exercises designed for each patient based on his existing musculoskeletal problems and conflicts. The first group received traditional exercises after surgery THA, such as straight leg rise, bridging the supine position, hip adduction in a sitting position, hip abduction in the lateral position and hip extension in the prone position. for the second group, Pilates training was considered. It should be noted that there was not any ban from the specialist regarding training for all subjects. Primary outcomes: The Pilates was more effective than traditional exercises in pain improvement, function, and hip joint flexion range of motion.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017050933772N2**
Registration date: **2017-06-09, 1396/03/19**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-06-09, 1396/03/19

Registrant information

Name

Pouya Rabiei

Name of organization / entity

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Country

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Email address

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Recruitment status

Recruitment complete

Funding source

Personal

Expected recruitment start date

2014-05-25, 1393/03/04

Expected recruitment end date

2014-07-03, 1393/04/12

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effects of Pilates Exercise Following Total Hip Arthroplasty

Public title

Pilates-based Exercise after Total Hip Arthroplasty

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: The posterior approach of THA surgery on the right hip, passing a week of subacute stage interventions. Exclusion criteria: Remain in a state of acute and subacute after surgery.

Age

No age limit

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 38

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**

Tehran University of Medical Sciences

Street address

Tehran University, Enghelab Street

City

Tehran

Postal code**Approval date**

2013-09-23, 1392/07/01

Ethics committee reference number

8-16/321

Health conditions studied**1****Description of health condition studied**

rehabilitation

ICD-10 code

Z50.1

ICD-10 code description

Other physical therapy

Primary outcomes**1****Description**

Pain intensity

Timepoint

at baseline, after receiving the interventions

Method of measurement

Visual Analogue Scale

2**Description**

hip joint ROM

Timepoint

at baseline, after receiving the interventions

Method of measurement

Standard Goniometry

3**Description**

lower extremity function

Timepoint

at baseline, after receiving the interventions

Method of measurement

Lower Extremity Functional Scale

Secondary outcomes

empty

Intervention groups**1****Description**

Traditional training group exercises description: short arc quadriceps, straight leg raising, bridging the supine position, long arc quadriceps, hip adduction in a sitting position, hip abduction in the lateral position, hip extension in the prone position.

Category

Treatment - Drugs

2**Description**

Pilates group training Description: Imprinting, bridging, Table Top circles, Single leg circles, Side lying kick series, Clams, bike

Category

Rehabilitation

Recruitment centers**1****Recruitment center****Name of recruitment center**

Niki Physical Therapy Clinic

Full name of responsible person

Dr.Vahid Mazloum

Street address

Haftetir Street

City

karaj

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Personal

Full name of responsible person

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Niki Physical Therapy Clinic, Haftetir street

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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

Personal

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**

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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