Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Clinical trial of Evaluation of effectiveness comprehensive protocol spinal muscle training with and without functional electrical stimulation on angle of kyphosis and quality of life in elderly with functional of kyphosis

Protocol summary

Summary

Objectives:the aim of this study was randomized controlled trial of effectiveness comprehensive protocol spinal muscle training with and without functional electrical stimulation in elderly with functional of kyphosis. Design: pre- post intervention. Setting and conduct: participants evaluated before and after 8 weeks of intervention.Single blind is related to participants. Participants including major: 45 women with functional hyperkyphosis age above the 60 years. Interventions: 8 weeks corrective exercises and functional electrical stimulation Main outcome measure: degree of thoracic kyphosis; function; gait speed; quality of life.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017060634351N1**
Registration date: **2017-06-29, 1396/04/08**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-06-29, 1396/04/08

Registrant information

Name

Neda Shariatinia

Name of organization / entity

Kharazmi university

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2016-11-20, 1395/08/30

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

Clinical trial of Evaluation of effectiveness comprehensive protocol spinal muscle training with and without functional electrical stimulation on angle of kyphosis and quality of life in elderly with functional of kyphosis

Public title

Comprehension of exercises and electrical stimulation on elderly hyperkyphosis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: elderly women equal to and above 60 years old with functional Hayprkyphosis angle equal to or greater than 40 degrees; the participants do not took part in any other treatment. Exclusion criteria: No advanced disease and acute neuromuscular; orthopedic and neurologic; limb fractures; structural defects and cardiovascular diseases; No more than three falling in the past year (self-report); Do not use narcotic drugs (self-report); Lack of total knee replacement or hip

(reported via physician); lack of hip fracture in the last six months (reported via physician); Not taking glucocorticoid medications for at least 3 months in the previous year (reported by the physician); surgery on the trunk and lower extremities; lasting damage in the lower limbs; and influence the research process; such as degenerative changes in the knee and lower limb visible malalignment included (Geneva Valgvm, genu varum, Geneva Rkvrvatvm, pes cavus and planus).

Age
From **35 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **45**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
Simple randomization-random numbers

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Kharazmi university

Street address
Faculty of physical education; south razan; mirdamad;tehran

City
Tehran

Postal code
Iran

Approval date
2016-10-22, 1395/08/01

Ethics committee reference number
14442

Health conditions studied

1

Description of health condition studied
Hyperkyphosis

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Angle of kyphosis; gait speed; quality of life

Timepoint
Before and after eight weeks intervention

Method of measurement
Angle of kyphosis(cobb angle); function(7 item test); gait speed(six meter walk test); quality of life(questionnaire)

Secondary outcomes

1

Description
Quality of life; Gait of speed

Timepoint
Before and after eight weeks

Method of measurement
Questionaries

Intervention groups

1

Description
1st intervention group: corrective exercises training 2nd intervention group: Functional Electrical Stimulation along with training Control group: without intervention

Category
Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Shariati physiotherapy clinic

Full name of responsible person
Neda shariatinia

Street address
No 1;perofessor hesabi blvd;safaeieh;yazd

City
Yazd

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Investigator

Full name of responsible person
Neda shariatinia

Street address

Faculty of physical education;kharazmi university;Tehran

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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

Investigator

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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Full name of responsible person

Azad mohammadi

Position

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Other areas of specialty/work

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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