

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

The effect of core stability and neuromuscular combination training on postural control among congenital deaf students

Protocol summary

Study aim

The present study intends to investigate the effect of some kind of central and neuromuscular stability exercises on the balanced performance of congenital deaf patients.

Design

In this research, 24 eligible congenital deaf referring to exceptional deaf school was chosen purposefully, and a code was allocated to every one of them. Then, participants were randomly divided into two control and intervention groups.

Settings and conduct

The present study will be carried out in the field of balancing the deaf. The research was conducted at the Deaf School. The study consists of two experimental and control groups, and blindness is performed on the participants and they are not aware of which group they belong to.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Congenital deafness due to a defect in the vestibular system; poor balance. Exclusion criteria: people who have taken cochlear implants.

Intervention groups

In this study, a combination of core stability and neuromuscular training is designed to examine its effect on the balance of the deaf people. The intervention group includes 12 profoundly or severely deaf people who will implement the core stability and neuromuscular training. The control group also has 12 profound or severe congenital deaf patients who will perform another kind of exercise program that does not affect the control postural test results.

Main outcome variables

Strengthen the core body region; deep sensation system; balance

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170802035451N3**

Registration date: **2018-01-29, 1396/11/09**

Registration timing: **retrospective**

Last update: **2018-01-29, 1396/11/09**

Update count: **0**

Registration date

2018-01-29, 1396/11/09

Registrant information

Name

javad shaviklo

Name of organization / entity

imam khomeini university

Country

Iran (Islamic Republic of)

Phone

+98 28 3342 8247

Email address

mrd5413202@gmail.com

Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2017-12-06, 1396/09/15

Expected recruitment end date

2018-01-20, 1396/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of core stability and neuromuscular

combination training on postural control among congenital deaf students

Public title
Postural control in Deaf persons

Purpose
Health service research

Inclusion/Exclusion criteria
Inclusion criteria:
 Severe or profound hearing losses, Greater than 75 dB
 No lower and upper extremity pathology no neurological and visual disorders no medication use
Exclusion criteria:
 Cochlear implantation Non-congenital deafness

Age
No age limit

Gender
Male

Phase
N/A

Groups that have been masked

- Participant

Sample size
Target sample size: **24**

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description
Using single blind technique, participants will be blinded and will not know which groups they are assigned to. For this purpose, the control group will also be prescribed some kind of exercise during the study period that will have no effect on the study process.

Placebo
Not used

Assignment
Single

Other design features

Secondary Ids
empty

Ethics committees

1

Ethics committee
Name of ethics committee
 Ethics committee of Qazvin University of Medical Sciences
Street address
 Qazvin University of Medical Sciences, Mavedat by-lane, Shahid Beheshti Blvd
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Province
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Postal code

3415613911

Approval date
2017-10-25, 1396/08/03

Ethics committee reference number
IR.QUMS.REC.1396.304

Health conditions studied

1

Description of health condition studied

Posture Control in Deaf persons

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Posture Control in Deaf persons

Timepoint

Before intervention and after training intervention

Method of measurement

Functional test of postural control

Secondary outcomes

empty

Intervention groups

1

Description

The intervention group will perform core stability and neuromuscular training protocol, three 60-minute Sessions per week for six weeks. These exercises are performed on the ground without any device. Before and after the exercises, the balance of the deaf will be evaluated using the Nashner postural control method.

Category

Rehabilitation

2

Description

Control group: For this group during the study period, a kind of exercise that will have no effect on the study process will be prescribed. The balance will be evaluated before and after the exercises using the Nashner postural control method.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Pars School for Deaf

Full name of responsible person
Javad Shaviklo
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No 139, Maad Ave., Imam Khomeini Blvd
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Sponsors / Funding sources

1

Sponsor

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Grant name

Grant code / Reference number

**Is the source of funding the same sponsor
organization/entity?**
No

Title of funding source

Imam Khomeini International University

Proportion provided by this source

100

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity
Imam Khomeini International University
Full name of responsible person

Javad Shaviklo
Position
Msc in Sport Injury & Corrective Exercise
Latest degree
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Others
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Person responsible for updating data

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Other areas of specialty/work

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Web page address**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to
make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to
make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to
make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to
make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to
make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to
make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to
make this available