Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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

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Iran (Islamic Republic of)

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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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Sponsors / Funding sources

1

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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
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Position
Msc in Sport Injury & Corrective Exersice
Latest degree
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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