Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effect of upper extremity exercise on the outcomes of myocardial infarction

Protocol summary

Summary

Objective:The effect of upper limb exercise on outcomes of myocardial infarction patient's at Velayat medical center. Main inclusion criteria: Age of 45-65, Diagnosis of myocardial infarction according to the cardiologist, 14 to 21 days from the time of discharging,Ejection Fraction of left ventricular >30% according of Echo in the file, Unsuccessful primary PTCA, Type of Uncomplicated cardiac infarction except for a extensive myocardial infarction, Ability to exercise according to the cardiologist. Main exclusion criteria: Suffering of disease of moderate to severe cardiac valve,Uncontrolled Tachycardia of ventricular and auricular, Angina pectoris or typical chest pain while doing the exercise, BP Systolic>140 before exercise, BP Diastolic>90 before exercise, BP Systolic< 100 before exercise, BP Diastolic< 60 before exercise, Myocarditis or Pericarditis, Thrombophlebitis, Moderate to Severe COPD according of cardiologist,Severe Kidney failure or severe disease according of cardiologist, Anemia(Heb <10), Extensive myocardial infarction, Successful primary PCI, Musculoskeletal problems. Participants: Sum of 54 patients with myocardial infarction admitted to CCU and the internal part of the heart selected by random sampling method and will be divided into two groups: Control and intervention.Interventions: In the control group, routine care was performed in all the centers and the quality of life questionnaire was initially admitted and after six weeks, and the referral to the physician was completed after six weeks from the date of infection. In the intervention group, in addition to routine care, upper limb exercise will be performed twice a week for six weeks and 40 minutes every 9 to 10 hours, the intervention will be 5 minutes Warm up and 30 minutes of upper limb exercise and 5 minutes Cooling will be done at the end of the session.Each session of vital signs was recorded before and after the intervention, and the quality of life questionnaire was completed in the first and last session, and the check list of readmission and referral to the physician were completed in the last session.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017100936674N1**
Registration date: **2017-11-16, 1396/08/25**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-11-16, 1396/08/25

Registrant information

Name

Maryam Joodaki

Name of organization / entity

Qazvin University of Medical Sciences

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-05-22, 1396/03/01

Expected recruitment end date

2017-10-22, 1396/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
The effect of upper extremity exercise on the outcomes of myocardial infarction

Public title
Effect of upper limb exercise on the outcomes of patients with myocardial infarction

Purpose
Supportive

Inclusion/Exclusion criteria
Entry criteria: Age of 45-65, Diagnosis of myocardial infarction according to the cardiologist, 14 to 21 days from the time of discharging, Ejection Fraction of left ventricular >30% according of Echo in the file, Unsuccessful primary PTCA, Type of Uncomplicated cardiac infarction except for a extensive myocardial infarction, Ability to exercise according to the cardiologist. Exit criteria: Suffering of disease of moderate to severe cardiac valve, Uncontrolled Tachycardia of ventricular and auricular,Angina pectoris or typical chest pain while doing the exercise,BP Systolic>140 before exercise, BP Diastolic>90 before exercise, BP Systolic< 100 before exercise, BP diastolic< 60 before exercise, Myocarditis or Pericarditis, Thrombophlebitis, Moderate to Severe COPD according of cardiologist, Severe Kidney failure or severe disease according of cardiologist, Anemia(Heb <10), Extensive myocardial infarction, Successful primary PCI, Musculoskeletal problems

Age
From **45 years** old to **65 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **54**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

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;Shahid Bahonar Boulevard;

City
Qazvin

Postal code
3419759811

Approval date
2017-05-13, 1396/02/23

Ethics committee reference number
IR.QUMS.REC.1396.110

Health conditions studied

1

Description of health condition studied
Myocardial Infarction

ICD-10 code
I21

ICD-10 code description
Acute myocardial infarction

Primary outcomes

1

Description
Quality of life

Timepoint
Before and after intervention

Method of measurement
Questionnaire

2

Description
Readmission

Timepoint
After the intervention

Method of measurement
check list

3

Description
Refer to doctor

Timepoint
After the intervention

Method of measurement
check list

Secondary outcomes

empty

Intervention groups

1

Description
present study is a semi-tentative research in form of clinical trial and random assignation of participants into two groups Case and Control. I n this study, in addition to routine care, upper limb exercise will be performed twice a week for six weeks and 40 minutes each session.The intervention is 5 minutes warm up, then 30 minutes of upper limb exercise and 5 minutes cooling.Selected patients patients will do twice a week every 9 -10 in the morning, for six weeks. Before and after the intervention, vital signs were recorded and the quality of life questionnaire was completed before intervention and at the end of the intervention, a check list for referral to the physician and readmission at the end of the intervention were completed.

Category
Rehabilitation

2

Description
Control group: In this study, the control group received the usual care, and also recorded vital signs, completing the quality of life questionnaire, and a check list for readmission and referral to the physician.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Velayat hospital

Full name of responsible person
Maryam Joodaki Master student of intensive care nursing

Street address
Qazvin- minoodar- Elaheye- 22 bahman- Velayat hospital

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Maryam Joodaki

Full name of responsible person
Maryam Joodaki

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Plaque 13;Second Street;Shaghayegh Street;Iranpars Highway;Janat Abad Shomali;Tehran

City
Tehran

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Maryam Joodaki

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
Qazvin University of Medical Sciences

Full name of responsible person
Maryam joodaki

Position
Master student of intensive care nursing

Other areas of specialty/work

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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