

Clinical Trial Protocol

Iranian Registry of Clinical Trials

20 Sep 2026

Study of the effect of TRX Suspension Training on Functional Balance, Postural Control, Proprioception and Knee Muscles Isometric Strength in Patients With Multiple Sclerosis

Protocol summary

Study aim

The effect of TRX suspension training on functional balance, postural control, proprioception and knee muscles isometric strength in patients with Multiple Sclerosis

Design

Clinical trial with control group, Non randomized and purposive, single blind

Settings and conduct

The intervention group performed TRX suspension training for 8 weeks at the Sports Club of the Isfahan MS association. All measurements were carried out at the laboratory of faculty of Sport Sciences in University of Isfahan and faculty of Rehabilitation Sciences of Isfahan University of Medical Sciences. The testers were blinded to the intervention and control groups.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Expanded Disability Status Scale (EDSS) score of 1-4, Female gender and non-pregnancy, Age range between 20-50 years, Not having another acute or chronic disabling diseases contrary with exercise and the medical prohibition for performing the exercise. Complete the written informed consent
Exclusion criteria: Relapse the disease during the study, Pregnancy of subjects during the study, Did not tend to continue the exercise or attend in research, Did not complete the pre-test and post-test

Intervention groups

The intervention group received the TRX suspension training for 8 weeks. The control group received their usual daily activities

Main outcome variables

Functional capacity in patients with multiple sclerosis

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180521039762N1**

Registration date: **2018-06-10, 1397/03/20**

Registration timing: **retrospective**

Last update: **2018-06-10, 1397/03/20**

Update count: **0**

Registration date

2018-06-10, 1397/03/20

Registrant information

Name

Afshin Moghadasi

Name of organization / entity

University of Isfahan

Country

Iran (Islamic Republic of)

Phone

+98 31 3793 4208

Email address

afshin.moghadasi@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-04-21, 1396/02/01

Expected recruitment end date

2017-08-23, 1396/06/01

Actual recruitment start date

2017-04-21, 1396/02/01

Actual recruitment end date

2017-09-23, 1396/07/01

Trial completion date

empty

Scientific title

MSQoL-54 questionnaire

5

Description

Postural control

Timepoint

Before the intervention and 8 weeks after the intervention

Method of measurement

Force plate system

6

Description

Walking endurance

Timepoint

Before the intervention and 8 weeks after the intervention

Method of measurement

Two-minute walk tests

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The intervention group performed the TRX suspension training program, included eight TRX whole-body workout with four levels of difficulty for every exercise that lasted for 8 weeks, 3 sessions per week and 30 minutes each session. Each of the training levels included three sets with 5, 7 and 10 repetitions. The ratio of rest to practice was 3 to 1.

Category

Rehabilitation

2

Description

Control group: The control group received their usual daily activities.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

انجمن ام. اس اصفهان

Full name of responsible person

Afshin Moghadasi

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Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

نهاد حمایت کننده دانشگاه اصفهان هست نه علوم پزشکی

Full name of responsible person

Rasoul Roknizadeh

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Hezarjarib Ave, University of Isfahan

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rokni@sci.ui.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

نهاد حمایت کننده دانشگاه اصفهان هست نه علوم پزشکی

Proportion provided by this source

100

Public or private sector

Public

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

با سلام حقیر دانشجوی دانشگاه اصفهان هستم نه علوم پزشکی

Full name of responsible person

Afshin Moghadasi

Position

PhD student

Latest degree

Master

Other areas of specialty/work

Sport Sciences, Sport Injury & Corrective Exercises

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Person responsible for scientific inquiries

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Not applicable

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is 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

No - There is not a plan to make this available

Title and more details about the data/document

Training protocol and all collected data can be shared

When the data will become available and for how long

Start the access period 6 months after publishing the results

To whom data/document is available

Researchers working in academic institutions and patients with multiple sclerosis

Under which criteria data/document could be used

In order to research and on condition of cooperation

From where data/document is obtainable

Afshin moghadasi

What processes are involved for a request to access data/document

Information is available after contact with Mr. Afshin Moghadasi and coordination with the Department of Sport Injury & Corrective Exercises of the University of Isfahan.

Comments