

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Jun 2026

### Effects of balance training using balance simulator instrument on postural stability in the patients with idiopathic parkinson disease

#### Protocol summary

##### Summary

Thirty patients with idiopathic Parkinson's disease, who have balance disorder, using simple sampling are selected by neurologist and referred to physical medicine and rehabilitation research center of Imam Reza hospital for physical therapy and balance training programs during a five- month period. Demographic characteristics, speed of walking and balance status for suitable patients with inclusion criteria are evaluated and recorded. Balance status using Berg Balance Scale questionnaire as well as biodex balance training instrument which assesses "fall risk" and "postural instability" indexes, will be measured. All of findings will be recorded in a check list of research. Patients are undergoing 12 sessions (4 weeks, three sessions /every week) and each session 10-20 minutes, of physical therapy and balance strengthening exercises which is static training. Obtained Changes in baseline parameters of balance indexes and questionnaire score before and after interventions will be compared and analyzed.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201212163217N6**

Registration date: **2013-01-01, 1391/10/12**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2013-01-01, 1391/10/12

##### Registrant information

###### Name

Fariba Eslamian

###### Name of organization / entity

Tabriz University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 41 3337 3967

###### Email address

eslamianf@tbzmed.ac.ir

###### Recruitment status

**Recruitment complete**

###### Funding source

Research Chancellor of Tabriz University of Medical Sciences

###### Expected recruitment start date

2012-12-22, 1391/10/02

###### Expected recruitment end date

2013-05-22, 1392/03/01

###### Actual recruitment start date

empty

###### Actual recruitment end date

empty

###### Trial completion date

empty

###### Scientific title

Effects of balance training using balance simulator instrument on postural stability in the patients with idiopathic parkinson disease

###### Public title

balance training on idiopathic parkinson disease

###### Purpose

Treatment

###### Inclusion/Exclusion criteria

Inclusion criteria:1-diagnosis of parkinson disease by neurologist, 2-stages of 1-3 of disease,3-ability to walking at least 150 steps without assistive devices, 4-on medical treatment for 2 weeks before study,5-good endurance for standing without help at least 30 minutes. Exclusion criteria:1-mini mental status exam less than 24,2-changes in medication dosage during the study,3-

uncontrolable orthostatic hypotension,4-symptomatic coronary artery disease, 5-lower limb fractures during the past 6 months,6-vestibular diseases, 7-severe depression,8-visual acuity less than 20/40,9-any medical problem which can affect security of prescribed protocol,10-severe musculoskeletal disorders which causes limitation of performance in planned balance training.

**Age**

No age limit

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

No information

**Sample size**

Target sample size: 30

**Randomization (investigator's opinion)**

N/A

**Randomization description****Blinding (investigator's opinion)**

Not blinded

**Blinding description****Placebo**

Not used

**Assignment**

Single

**Other design features****Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Chancellor for research, Tabriz University of Medical Sciences

**Street address**

Chancellor for research, 3rd floor, Central building number 2, Tabriz University of Medical Sciences, Golgasht Avenue,Tabriz

**City**

tabriz

**Postal code**

51656

**Approval date**

2012-12-22, 1391/10/02

**Ethics committee reference number**

8835/4/5

**Health conditions studied****1****Description of health condition studied**

Idiopathic parkinsonism

**ICD-10 code**

G20

**ICD-10 code description**

Parkinson disease

**Primary outcomes****1****Description**

Time up & go (TUG)

**Timepoint**

before & after intervention

**Method of measurement**

using chronometer, six meter distance is measured by seconds.

**2****Description**

Berg Balance Scale(BBS)

**Timepoint**

before & after intervention

**Method of measurement**

using subjective and objective exam and filling out of BBS questionnaire

**3****Description**

Fall risk

**Timepoint**

before & after intervention

**Method of measurement**

using Biodex balance training is measured and because it is a relative value,it has not special unit.

**4****Description**

Postural Stability

**Timepoint**

before & after intervention

**Method of measurement**

using Biodex balance training is measured and because it is a relative value,it has not special unit.

**Secondary outcomes****1****Description**

effect of age and sex on outcome meaurment

**Timepoint**

before and after intervention

**Method of measurement**

correlation between factors of age and sex with improvement

**2****Description**

number of falls  
**Timepoint**  
before and after intervention  
**Method of measurement**  
subjective with inquiring from patient

## Intervention groups

1

**Description**  
12 sessions of physical therapy and balance training are performed in physical medicine and rehabilitation department for parkinsons patients.  
**Category**  
Rehabilitation

## Recruitment centers

1

**Recruitment center**  
**Name of recruitment center**  
Imam Reza Hospital  
**Full name of responsible person**  
Nasim Borhani  
**Street address**  
Physical Medicine & Rehabilitation Ward, Imam Reza Hospital, Golgasht Ave.  
**City**  
Tabriz

## Sponsors / Funding sources

1

**Sponsor**  
**Name of organization / entity**  
Physical medicine and rehabilitation researches center  
**Full name of responsible person**  
Mr. Nami  
**Street address**  
Emam Reza hospital - Department of Physical medicine and rehabilitation researches center  
**City**  
Tabriz  
**Grant name**  
**Grant code / Reference number**  
**Is the source of funding the same sponsor organization/entity?**  
Yes  
**Title of funding source**  
Physical medicine and rehabilitation researches center  
**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**  
Tabriz University of Medical Science  
**Full name of responsible person**  
Nasim Borhani  
**Position**  
Medicine Student  
**Other areas of specialty/work**  
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dr.nasim66@yahoo.com  
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## Person responsible for scientific inquiries

**Contact**  
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Physical Medicine and Rehabilitation Research Center,Tabriz University of Medical Sciences  
**Full name of responsible person**  
Fariba Eslamian  
**Position**  
Associate professor of Physical Medicine & rehabilitation  
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<http://www.tbzmed.ac.ir/faculties/medicine/main.htm>

## Person responsible for updating data

**Contact**  
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Physical Medicine and Rehabilitation Research

Center, Tabriz University of Medical Sciences

**Full name of responsible person**

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**Position**

Assistant professor of physical medicine & Rehabilitation

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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*