

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Aug 2026

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

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Name of organization / entity

Tabriz University of Medical Sciences

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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 parkinsone disease

Public title

balance training on idiopathic parkinson disease

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:1-diagnosis of parkinsone 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
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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)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty