Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effect of eight weeks comprehensive corrective exercises on selected parameters of lower extremity kinematics in men with dynamic knee valgus

Protocol summary

Study aim
The purpose of this study is investigation the effect of 8 weeks comprehensive corrective exercise of lower extremity kinematics in 18-28 years old men with dynamic knee valgus

Design
Single-blind randomized controlled trial

Settings and conduct
A single-blind randomized, controlled trial comparing 3 times per week group exercise intervention with a control group.

Participants/Inclusion and exclusion criteria
Have dynamic knee valguse; no history of regular exercise in last 6 months; no history of championship in any sport field; have any visible malalignment in the spine and upper extremity; failure to complete of training protocols; have a body weight outside the normal range

Intervention groups
The intervention group includes those with the dynamic knee valgus who receive the intervention of a comprehensive corrective exercise program. The control group also includes people with dynamic knee valgus who do not receive any training intervention and follow their daily activities.

Main outcome variables
Selected lower extremity kinematics factors

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20180821040843N1**
Registration date: **2018-12-30, 1397/10/09**
Registration timing: **registered_while_recruiting**

Last update: **2018-12-30, 1397/10/09**
Update count: **0**

Registration date
2018-12-30, 1397/10/09

Registrant information

Name
Esmaeil Mozafaripour

Name of organization / entity
The university of Tehran

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Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-11-22, 1397/09/01

Expected recruitment end date
2019-02-20, 1397/12/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of eight weeks comprehensive corrective exercises on selected parameters of lower extremity kinematics in men with dynamic knee valgus

Public title
The effect of comprehensive corrective exercises on dynamic knee valgus

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Have dynamic knee valgus Without history of regular exercise in last 6 month Without history of championship in any sport fields

Exclusion criteria:

Don’t complete the corrective exercise program Have lack of interest in continuing the research program Have any visible malalignment in the upper extremities Have pathological signs Have a history of fracture, surgery, or joint diseases in the lower extermity Have a body weight outside the normal range

Age

From **18 years** old to **28 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **24**

Randomization (investigator's opinion)

Randomized

Randomization description

In order to randomly assign the subjects to the intervention and control groups, one number was considered for each subject. The numbers were randomly assigned to two groups using a random number table. To conceal numbers in each group, they were written on paper, and each one was kept in a numbered sealed, opaque envelope.

Blinding (investigator's opinion)

Not 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 Tehran University

Street address

Faculty of Physical Education and Sport Sciences, between 15th and 16th St., North Kargar st., Tehran, Islamic Republic

City

Tehran

Province

Tehran

Postal code

1417614418

Approval date

2017-07-24, 1396/05/02

Ethics committee reference number

IR.ut.Rec.1395024

Health conditions studied

1

Description of health condition studied

Dynamic knee valgus

ICD-10 code

M21.9

ICD-10 code description

Unspecified acquired deformity of limb and hand

Primary outcomes

1

Description

Lower extermity kinematics

Timepoint

Before intervention, 8 weeks after starting the intervention

Method of measurement

Motion analyse device

2

Description

Quality of one leg squat performance

Timepoint

Before intervention, 8 weeks after starting the intervention

Method of measurement

Questioner

Secondary outcomes

1

Description

quality of squat performance

Timepoint

pre test and post test

Method of measurement

quality of squat performance measurement questioner

Intervention groups

1

Description

Intervention group: The intervention group will receive comprehensive corrective exercises under supervision and 3 sessions a week. The duration of the intervention period is 8 weeks.

Category

Prevention

2

Description
Control group: There is no intervention
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
University of Tehran
Full name of responsible person
Esmaeil mozafaripour
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Research Affairs of Tehran university
Full name of responsible person
Mohammad Rahimian
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Web page address
Grant name
Research Affairs of Tehran university
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Research Affairs of Tehran university
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
University of Tehran
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Esmaeil mozafaripour
Position
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Latest degree
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Person responsible for updating data

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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
Not applicable

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