

Clinical Trial Protocol

Iranian Registry of Clinical Trials

06 Jul 2026

Effects of a Theraband exercise on muscular electrical activity in individuals with genu valgus during walking and running

Protocol summary

Study aim

Effects of a Theraband exercise on muscular electrical activity in individuals with genu valgus during walking and running

Design

A clinical trial study with experimental and control groups, with parallel groups, three blind, randomized

Settings and conduct

This study will be done at Mohaghegh Ardabili University. Present study is a triple blind one. Participants, main researcher and outcome assessor will not aware of the grouping.

Participants/Inclusion and exclusion criteria

People with a genu valgum. Entry requirements for having a suitable age and having a genu valgum disorder

Intervention groups

Intervention group: Genu valgum group (barefoot walking and running before after corrective exercise)
Control group: Genu valgum group (barefoot walking and running before after 8 weeks without any intervention)

Main outcome variables

Electric activity of the muscle, co-contraction and ground reaction force

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181223042082N1**
Registration date: **2019-02-14, 1397/11/25**
Registration timing: **prospective**

Last update: **2019-02-14, 1397/11/25**

Update count: **0**

Registration date

2019-02-14, 1397/11/25

Registrant information

Name

Farshad Ghorbanlou

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 24 3354 2339

Email address

f.ghorbanlou@student.uma.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-04-07, 1398/01/18

Expected recruitment end date

2019-06-10, 1398/03/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of a Theraband exercise on muscular electrical activity in individuals with genu valgus during walking and running

Public title

The effect of corrective exercise on genu valgum

Purpose

Diagnostic

Inclusion/Exclusion criteria

Inclusion criteria:

Gender: Male Having a genu valgum complication

Exclusion criteria:

History of lower limb ant trunk Injury History of surgery

Age

No age limit

Gender

Male

Phase

2

Groups that have been masked

- Participant
- Investigator
- Outcome assessor

Sample size

Target sample size: 30

Randomization (investigator's opinion)

N/A

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

Triple blinded

Blinding description

The participants, the main researcher and the evaluator, do not interfere in the process of data recording and analysis

Placebo

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ardabil University of Medical Sciences

Street address

Daneshgah street

City

Ardabil

Province

Ardabil

Postal code

5619911367

Approval date

2018-10-07, 1397/07/15

Ethics committee reference number

IR.ARUMS.REC.1397.091

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

Genu valgum

ICD-10 code

M21.0

ICD-10 code description

Valgus declassifiedformity, not elsewhere

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

Muscle co-contraction

Timepoint

8 weeks

Method of measurement

Electromyography

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

Ground reaction force

Timepoint

8 weeks

Method of measurement

Force plate system

Intervention groups**1****Description**

Intervention group: Intervention group includes subjects with genu valgum who will be tested before and after 8 weeks of corrective exercise. The training program will be done 3 sessions in a week for 50 minutes.

Category

Rehabilitation

2**Description**

Control group: Control group includes subjects with genu valgum who will be tested before and after 8 weeks without exercise.

Category

Diagnosis

Recruitment centers**1****Recruitment center****Name of recruitment center**

University of Mohaghegh Ardabili

Full name of responsible person

Amirali Jafarnezhadgero

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Email

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University Of Mohaghegh Ardabili

Full name of responsible person

Abolfazl Bezaatpour

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Ardabil

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

University Of Mohaghegh Ardabili

Proportion provided by this source

1

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

Iranian academic center for education culture and research

Full name of responsible person

Amirali Jafarnezhadgero

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Anatomy

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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

Yes - There is a plan to make this available

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

No - There is not 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

Effects of a Theraband exercise on muscular electrical activity in individuals with genu valgus during walking and running

When the data will become available and for how long

After publishing articles

To whom data/document is available

All people have permission to access

Under which criteria data/document could be used

Raw data file and SPSS data file

From where data/document is obtainable

Amirali Jafarnejadgero Tell: 00989105145214

amiralijafarnejad@gmail.com

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

Request by email

Comments