Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effects of progressive resistive exercises on Activities of Daily Living of elderly persons

Protocol summary

Summary

The purpose of this study was to evaluate the effects of progressive resistive exercises on Activities of Daily Living of elderly persons. Participants are selected from healthy elderly men, aged 61-85 years, in Kahrizak charity center. 30 participants were randomly assigned into control or intervention group. Barthel-Index Assessment Test were performed to determine ability level in activities of daily living and Manual Muscle test were done to evaluate the degree of muscle power before and after the intervention by a trained Occupational Therapist. After the baseline assessments, treatment sessions were given, 3 sessions per week, each session about 45 minutes for 8 weeks. Evaluation of shoulder extensors and knee extensors using Tekdyne Incentive Dynamometers (TID) device, pinch and hand grip strength using the MIE, and strengthening of these muscles were measured every 2 weeks. For pinch and grip, at first, maximum power was evaluated by MIE and then graded putty and Theraband was used for strengthening grip and pinch. The control group didn't receive any treatment.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138812223551N1**
Registration date: **2010-06-03, 1389/03/13**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2010-06-03, 1389/03/13

Registrant information

Name

Parvin Raji
Name of organization / entity
Tehran University of Medical Sciences
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2010-02-20, 1388/12/01

Expected recruitment end date

2010-05-22, 1389/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of progressive resistive exercises on Activities of Daily Living of elderly persons

Public title

The effects of progressive resistive exercises on Activities of Daily Living of elderly persons

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion Criteria: Healthy men, age 61-85 years
Exclusion criteria: presence of disorders such as (cognition-perception disorders, absolute blindness, absolute deafness, wheelchair dependence, presence of neuromuscular disorders, consumption of effective drugs related to balance, loss of cooperation due to Elderly,

systemic diseases, or orthopedic disorders during the intervention

Age
From **61 years** old to **85 years** old

Gender
Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Tehran University of Medical Sciences and Health Services

Street address
Rehabilitation faculty of Tehran University of Medical Sciences and Health Services, Picheshemiran, Enghelab Ave, Tehran,Iran

City
Tehran

Postal code

Approval date
2010-12-02, 1389/09/11

Ethics committee reference number
260/1148

Health conditions studied

1

Description of health condition studied
Aging

ICD-10 code
R29

ICD-10 code description
Symptoms, signs and abnormal clinical and laboratory findings, not elsewhere classified

Primary outcomes

1

Description
Activities of daily living

Timepoint
Before intervention, After intervention

Method of measurement
Barthel Index

Secondary outcomes

1

Description
strength and fine movements of upper limb

Timepoint
every two weeks

Method of measurement
Tekdyne Incentive Dynamometers and MIE

Intervention groups

1

Description
Progressive Resistive Exercises for upper limb muscles are given for 8 weeks and 3 sessions per week and each session takes about 45 minutes time

Category
Rehabilitation

2

Description
No intervention

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
kahrizak charity centre

Full name of responsible person

Street address

City
Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Tehran University of Medical Sciences and Health Services

Full name of responsible person

Dr Hossein Bagheri

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Rehabilitation faculty of Tehran University of Medical Sciences and Health Services, Picheshemiran, Enghelab Ave, Tehran,Iran

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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

Tehran University of Medical Sciences and Health Services

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

Tehran University of Medical Sciences and Health Services

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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