Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Influence of six weeks of aquatic training on the static and semi-dynamic balance of chronic ischemic stroke patients

Protocol summary

Study aim
Influence of six weeks of aquatic training on the static and semi-dynamic balance of chronic ischemic stroke patients

Design
This clinical trial study with pretest and posttest design was performed on 36 patients with chronic ischemic stroke by available sampling method and classified into 3 groups equal 12: experimental group1 (shallow practice); experimental group 2 (deep training) and control group

Settings and conduct
Examination in the hospital and the protocol for water therapy in the pool. In general, the stages of this research include: 1. Preparing the subjects along with examining the criteria for entering and preparing the data collection tool: General information, general health and BERG

Participants/Inclusion and exclusion criteria
A score of 21 to 44 from the berg balance scale

Intervention groups
groups did the aquatic exercise therapy program that included of 18 sessions in 6 weeks and 3 sessions per week for 30 minutes. But the control group did not experience any aquatic exercise

Main outcome variables
static balance, semi-dynamic balance

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20180513039626N2**
Registration date: **2019-05-08, 1398/02/18**
Registration timing: **retrospective**

Last update: **2019-05-08, 1398/02/18**
Update count: **0**

Registration date
2019-05-08, 1398/02/18

Registrant information

Name
Hossein Babaeipour

Name of organization / entity
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-02-20, 1396/12/01

Expected recruitment end date
2018-04-04, 1397/01/15

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Influence of six weeks of aquatic training on the static and semi-dynamic balance of chronic ischemic stroke patients

Public title
The effect of Hydrotherapy in patients with stroke

Purpose
Prevention

Inclusion/Exclusion criteria

Inclusion criteria:
Patients with cerebral stroke and chronic, ischemic

stroke Patients with hemiparesis (slight motor weakness) the first stroke Patients have at least 6 months from the onset of the disease and have a maximum of 2 years have the ability to stand without help (at least 5 minutes) all subjects must be able to walk with or without the aid (at least 10 meters) To have the ability to follow orders not participating in regular physical activity and not having a physical therapy program during the study 40 to 70 years desire to participate in the research

Exclusion criteria:

Absence in training for 3 sessions Having a certain diseases

Age

From **40 years** old to **70 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Not randomized

Randomization description

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 Rafsanjan University of Medical Sciences

Street address

Rafsanjan University of Medical Sciences, Ali Bin Abitaleb Square

City

Rafsanjan

Province

Kerman

Postal code

7717933777

Approval date

2018-03-15, 1396/12/24

Ethics committee reference number

IR.RUMS.REC.1396.207

Health conditions studied

1

Description of health condition studied

stroke

ICD-10 code

I63.9

ICD-10 code description

Cerebral infarction, unspecified

Primary outcomes

1

Description

Static Balance

Timepoint

At the beginning of the study (before the intervention) and after six weeks of aquatic training

Method of measurement

Biodex

2

Description

semi-dynamic balance

Timepoint

At the beginning of the study (before the intervention) and after six weeks of aquatic training

Method of measurement

Biodex

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The first group (shallow) intervenes in depth, with water up to the height of the pelvis, the subjects performed this training session for 6 weeks (18 sessions) and 3 sessions per week for the implementation of the water exercise protocol.

Category

Rehabilitation

2

Description

Intervention group: The second group of interventions (deep) takes place deep in the water to the height of the chest, the subjects performed this training session for 6 weeks (18 sessions) and 3 sessions per week for the implementation of the water exercise protocol.

Category

Rehabilitation

3

Description
Control group: (Without exercise) that the group did not experience any blueprints that had their normal routine during these six weeks.

Category
Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Ali ibn Abi Talib Rafsanjan Hospital

Full name of responsible person
hossein babaei pour

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Blvd Imam Ali (AS) - Central Organization

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Rafsanjan University of Medical Sciences

Full name of responsible person
Dr. Alireza Vakilian

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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
Rafsanjan University of Medical Sciences

Proportion provided by this source
50

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
The University of Valiasr Rafsanjan

Full name of responsible person
Hossein Babaeipour

Position
Assistant Professor Valiasr University Rafsanjan

Latest degree
Ph.D.

Other areas of specialty/work
Sport Injuries and Corrective Exercises

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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
Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan
Yes - There is 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
Undecided - It is not yet known if there will be a plan to make this available

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

Title and more details about the data/document
Physical and mental dimension of the patient

When the data will become available and for how long
After submitting and confirming the article

To whom data/document is available
All researchers in this area

Under which criteria data/document could be used
After submitting and confirming the article

From where data/document is obtainable
hossinbabaei1906@yahoo.com

What processes are involved for a request to access data/document
Every time you order

Comments