

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jun 2026

The effect of balance board training on balance parameters in children with Spastic Paraparesis of cerebral palsy

Protocol summary

Study aim

To evaluate the effects of balance board on the balance parameters in children with spastic cerebral palsy

Design

single-group before-after clinical trial.

Settings and conduct

The study was conducted in the Department of Physical Medicine and Rehabilitation at a teaching hospital.

Participants/Inclusion and exclusion criteria

children with a diagnosis of spastic CP if they were between 5 and 15 years of age. They were required to have bilateral spastic CP based on the Modified Ashworth Scale of 1+ or 2

Intervention groups

we place the patients on a force plate and examine the balance and balance parameters (Body Sway, Maximum Overshoot, CoP Distance, and CoP Velocity). Patients were then trained in 20 sessions of 45 minutes for 3 times a week with a balance plate.

Main outcome variables

distance, velocity, and overshoot of the center of pressure displacement with eyes open and closed

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20140306016865N3**

Registration date: **2020-09-24, 1399/07/03**

Registration timing: **retrospective**

Last update: **2020-09-24, 1399/07/03**

Update count: **0**

Registration date

2020-09-24, 1399/07/03

Registrant information

Name

Mahsa Asheghan

Name of organization / entity

Baqiatallah University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-09-23, 1398/07/01

Expected recruitment end date

2020-05-21, 1399/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of balance board training on balance parameters in children with Spastic Paraparesis of cerebral palsy

Public title

The effect of balance board training in children with cerebral palsy

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria:

Patients with CP type spastic diplegia (SDI), aged 5 to 15 years

Exclusion criteria:

Other causes for spasticity concomitant medical diseases

Botox injection during 6 months ago

Age

From **5 years** old to **15 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **15**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

No comment

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Baqiyatallah University of
Medical Sciences

Street address

Mollasadra Street

City

Tehran

Province

Tehran

Postal code

1436913511

Approval date

2017-12-11, 1396/09/20

Ethics committee reference number

ir.bmsu.rec.1396.481

Health conditions studied

1

Description of health condition studied

cerebral palsy

ICD-10 code

G80.1

ICD-10 code description

Spastic diplegic cerebral palsy

Primary outcomes

1

Description

The amount of center of the pressure displacement on the balance board in centimeters with the eyes open and closed

Timepoint

At the baseline and one week after the end of the intervention

Method of measurement

Using force plate and graphic software

2

Description

Speed of center of gravity movement with eyes open and closed

Timepoint

At the baseline and one week after the end of the intervention

Method of measurement

Using force plate and graphic software

Secondary outcomes

empty

Intervention groups

1

Description

We placed the patients on a force plate (using the force plate plate of the Kistler model 2812A and version 4.0 X with a frequency of 1200 Hz) We examined the balance position and balance parameters (CoP Velocity max, Overshoot COP, CoP Displacement and CoP Velocity). Then, the patients were trained in 20 sessions of 45 minutes 3 times a week with a balance plate (balance board device made by Pegah Parseh Research Institute). At the end of the work (one week after the end of the treatment sessions), they were placed on the force plate again as before and their balance status and balance parameters were checked.

Category

Treatment - Devices

Recruitment centers

1

Recruitment center

Name of recruitment center

Baqiyatallah Hospital

Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Bagheiat-allah University of Medical Sciences
Full name of responsible person
Morteza Izadi
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1435916471
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Email
research2@gmail.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Bagheiat-allah University of Medical Sciences
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
Bagheiat-allah University of Medical Sciences
Full name of responsible person
Mahsa Asheghan
Position
Assistant Professor
Latest degree
Specialist
Other areas of specialty/work
Physical Medicine

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)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Not applicable

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

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

The study will be published in an article

When the data will become available and for how long

just after publication

To whom data/document is available

researchers

Under which criteria data/document could be used

for research purpose

From where data/document is obtainable

from the indexing journal website

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

The researcher must download the article

Comments