

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jun 2026

The Effects of Water Exercise Training on Motor Symptoms and Mechanical Pains of Postmenopausal Women with Osteoarthritis

Protocol summary

Study aim

The Effects of Water Exercise Training on Motor Symptoms and Mechanical Pains of Postmenopausal Women with Osteoarthritis

Design

This is a randomized, double-blind, parallel-controlled trial.

Settings and conduct

Patients in the intervention group will receive 12 sessions of light exercise in the shallow water of the pool for 12 sessions each week, while the control group will not take any action. The intervention is in the pool of Tabriz University of Medical Sciences. The researcher and the person analyzing the data are blind during the study and the patients will be randomly divided into two groups using SPSS software.

Participants/Inclusion and exclusion criteria

Inclusion criteria include: Minimum age 45 years
Osteoarthritis Menopause
Exclusion criteria include:
Nervous pains Lumbar disc disease Lower extremity defect

Intervention groups

Patients in the intervention group will do light water exercises three times a week for 12 sessions. The control group will receive no intervention.

Main outcome variables

Pain

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190325043107N11**

Registration date: **2019-10-02, 1398/07/10**

Registration timing: **prospective**

Last update: **2019-10-02, 1398/07/10**

Update count: **0**

Registration date

2019-10-02, 1398/07/10

Registrant information

Name

Mehdi Khanbabayi Gol

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-10-07, 1398/07/15

Expected recruitment end date

2020-03-05, 1398/12/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effects of Water Exercise Training on Motor Symptoms and Mechanical Pains of Postmenopausal Women with Osteoarthritis

Public title

The effect of exercise on osteoarthritis

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Minimum age 45 years Osteoarthritis Menopause

Exclusion criteria:

Nervous pains Lumbar disc disease Lower extremity defect

Age

From **40 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Investigator
- Data analyser

Sample size

Target sample size: **300**

Randomization (investigator's opinion)

Randomized

Randomization description

Patients will be divided into control and intervention groups using SPSS software.

Blinding (investigator's opinion)

Double blinded

Blinding description

In this study, the researcher and the data analyzer are unaware of the type of intervention and the type of intervention received for each group and are blind during the study.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ethics committee of Tabriz University of Medical Sciences

Street address

Imam Reza Hospital, Azadi Ave

City

Tabriz

Province

East Azarbaijan

Postal code

5165665631

Approval date

2019-03-11, 1397/12/20

Ethics committee reference number

IR.TBZMED.REC.1397.1059

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

Pain

ICD-10 code

M79.6

ICD-10 code description

Pain in limb, hand, foot, fingers and toes

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

Pain

Timepoint

Monthly and from the beginning of the intervention to three months after the end of the intervention

Method of measurement

Visual Analogue Scale

2**Description**

Severity of osteoarthritis

Timepoint

Monthly and from the beginning of the intervention to three months after the end of the intervention

Method of measurement

Osteoarthritis severity questionnaire (KOSS)

Secondary outcomes

empty

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

Intervention group: Patients will enter the intervention group after random assignment. They will have three sessions of light exercise each week and eventually 12 sessions of light exercise in the pool. This is how they will perform simple stretching movements including slow and medium speed walks inside the pool.

Category

Rehabilitation

2**Description**

Control group: No action will be taken for this group.

Category

Rehabilitation

Recruitment centers**1****Recruitment center**

Name of recruitment center

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Sponsors / Funding sources

1

Sponsor

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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
Tabriz 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
Tabriz University of Medical Sciences
Full name of responsible person

Person responsible for scientific inquiries

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Person responsible for updating data

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Fax**Email**

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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

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