

# 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)

###### Phone

+98 41 3334 7054

###### Email address

khanbabayimehdi69@gmail.com

##### 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

Imam Reza Hospital  
**Full name of responsible person**  
Abbasali Dorosti  
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Imam Reza Hospital, Azadi Ave  
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## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
Tabriz University of Medical Sciences  
**Full name of responsible person**  
Abolghasem Jouyban  
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Imam Reza Hospital, Azadi Ave  
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+98 41 3335 7310  
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Ajouyban@hotmail.com  
**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**

Abbasali Dorosti  
**Position**  
Doctor  
**Latest degree**  
Medical doctor  
**Other areas of specialty/work**  
General Practitioner  
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## Person responsible for scientific inquiries

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## Person responsible for updating data

#### Contact

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**Position**  
MSc in Nursing Education  
**Latest degree**  
Master  
**Other areas of specialty/work**  
Nursery

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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