

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of corrective exercises on the status of motor function and postural correction of the elderly living in nursing care facilities

Protocol summary

2020-02-03, 1398/11/14

Study aim

The Effect of Training Programs and Corrective Exercises on Motor Performance, Static and dynamic balance and Postural Correction of Elderly Residents in Elderly Care Centers

Design

A randomized controlled clinical trial Subjects will be randomly assigned to the experimental and control groups

Settings and conduct

The research will be conducted in the elderly centers of Rasht. The statistical population of this study includes elderly people residing in the Rasht Elderly Center who will be selected based on inclusion and exclusion criteria.

Participants/Inclusion and exclusion criteria

The elderly range from 50 to 70 years Seniors with no neurological, cardiovascular, or orthopedic disease Seniors who can walk 10 meters independently

Intervention groups

One experimental group Will receive corrective exercises
One control group, They will not do any exercise or motor activity

Main outcome variables

Static and dynamic balance Postural status Walking speed

Registrant information

Name

Parisa Sedaghati

Name of organization / entity

Guilan University

Country

Iran (Islamic Republic of)

Phone

+98 21 4423 7480

Email address

sedaghati@guilan.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-01-21, 1398/11/01

Expected recruitment end date

2020-02-09, 1398/11/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of corrective exercises on the status of motor function and postural correction of the elderly living in nursing care facilities

Public title

The effect of corrective exercises on the elderly

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Seniors who have a level of physical activity less than 600 Met Seniors who have the ability to walk 10 meters

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160815029373N5**

Registration date: **2020-02-03, 1398/11/14**

Registration timing: **registered_while_recruiting**

Last update: **2020-02-03, 1398/11/14**

Update count: **0**

Registration date

without the help of others Seniors who do not have neurological, orthopedic, cardiovascular disease
Exclusion criteria:
Seniors who have neurological and orthopedic diseases and cardiovascular Elderly people with diabetes and Alzheimer's disease

Age

From **50 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple randomization

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 Sabzevar University of Medical Sciences

Street address

Asadabadi St, Central Organization of Medical Sciences, Sabzevar

City

Sabzevar

Province

Razavi Khorasan

Postal code

9617913112

Approval date

2019-06-26, 1398/04/05

Ethics committee reference number

IR.MEDSAB.REC.1398.045

Health conditions studied

1

Description of health condition studied

The elderly

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Static and dynamic balance

Timepoint

Evaluation at baseline and 8 weeks later

Method of measurement

Stork test and scale functional balance Berg

2

Description

Evaluation of postural

Timepoint

Evaluation at baseline and 8 weeks later

Method of measurement

Lordosis and kyphosis and forward head assessment

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Do corrective exercises

Category

Rehabilitation

2

Description

Control group: There are no motor exercises

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Elderly Care Centers in Rasht

Full name of responsible person

Parisa Sedaghati

Street address

Gilan University School of Physical Education, 8th km of Rasht Qazvin road

City

Rasht

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Guilan

Postal code

4199843653

Phone

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parisasedaghati@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Sabzevar University of Medical Sciences

Full name of responsible person

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Street address

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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

Sabzevar 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

Sabzevar University of Medical Sciences

Full name of responsible person

Parisa Sedaghati

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Corrective exercise and sport injuries

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Person responsible for scientific inquiries

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Name of organization / entity

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Position

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Person responsible for updating data

Contact

Name of organization / entity

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Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Corrective Exercises

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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
Not applicable
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable