Clinical Trial Protocol
Iranian Registry of Clinical Trials

13 Nov 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

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

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
2020-02-03, 1398/11/14

Registrant information
Name
Parisa Sedaghati
Name of organization / entity
Guilan University
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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

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

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Sabzevar University of Medical Sciences

Full name of responsible person

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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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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