

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Sep 2026

Study the acute and residual effects of Whole Body Vibration on balance in type II diabetic patients.

Protocol summary

Summary

The objective of this randomized trial is to investigate the acute and residual effects of Whole Body Vibration on balance in type II diabetic patients. In this study 30 subjects who meet the inclusion/exclusion criteria will be recruited and randomly assigned into one of the 2 intervention or control groups. The subjects in the intervention group will receive WBV. The subjects in control group will receive no intervention. Intervention lasts for 4 weeks. Static and dynamic balance indicators of all participants will be measured before intervention, immediately after and 1 month after the intervention, and will be compared between 2 groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201404064203N7**
Registration date: **2014-04-12, 1393/01/23**
Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2014-04-12, 1393/01/23

Registrant information

Name

Atefeh Aminian Far

Name of organization / entity

Semnan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Deputy of Research, Semnan University of Medical Sciences

Expected recruitment start date

2014-04-20, 1393/01/31

Expected recruitment end date

2014-08-22, 1393/05/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Study the acute and residual effects of Whole Body Vibration on balance in type II diabetic patients.

Public title

diabetes and balance

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: 1. Diagnosis of type 2 diabetes by a physician 2. Presence of impaired balance while standing through force plate examination 3. Being between 40 - 60 years old Exclusion criteria: 1. Having diabetic foot ulcer 2. Having orthopedic or surgical problems affecting on standing ability 3. Having nondiabetic neuropathy 4. Having other neurological problems 5. Presence of visual disturbances that can not be corrected with glasses 6. Taking drugs with adverse effects on balance system 7. Diseases such as migraine, epilepsy or problems such as menstrual irregularities 8. Implanted metal

Age

From **40 years** old to **60 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**Blinding (investigator's opinion)**

Single blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Deputy of Research, Semnan University of Medical Sciences

Street address

Bassij Blvd, Semnan University of Medical Sciences, Deputy of Research, Semnan, Iran.

City

Semnan

Postal code

1439957181

Approval date

2014-03-04, 1392/12/13

Ethics committee reference number

415458/92

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

non-insulin dependent diabetes mellitus

ICD-10 code

G59.0

ICD-10 code description

Diabetic mononeuropathy

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

Center of pressure displacement magnitude

Timepoint

Before Intervention, 4 weeks following the intervention, 1 month following end of intervention.

Method of measurement

through force plate

2**Description**

velocity of center of pressure displacement magnitude

Timepoint

Before Intervention, 4 weeks following the intervention, 1 month following end of intervention.

Method of measurement

through force plate

Secondary outcomes

empty

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

Intervention: Applying WBV 5 times per week during 4 weeks. In the first week WBV would be applied as 2 mm amplitude and 30 Hz frequency through 5 sets of 30 seconds periods with a minute rest between sets. During the next week, WBV would be applied as before except for 45 seconds periods. In last week the duration of WBV would be 1 minutes with a minute rest between periods.

Category

Rehabilitation

2**Description**

Control group: no intervention

Category

Rehabilitation

Recruitment centers**1****Recruitment center****Name of recruitment center**

Kowsar hospital

Full name of responsible person

Dr. Atefeh Aminian Far

Street address**City**

Semnan

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Deputy of Research, Semnan University of Medical Sciences

Full name of responsible person

Dr. Ali Rashidypour

Street address

Bassij Blvd, Semnan University of Medical Sciences,
Deputy of Research, Semnan, Iran.

City

Semnan

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Deputy of Research, Semnan University of Medical
Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

Person responsible for general inquiries**Contact****Name of organization / entity**

Semnan University of Medical Sciences

Full name of responsible person

Dr. Atefeh Aminian Far

Position

Ph.D of Physiotherapy/ Assistant Professor

Other areas of specialty/work**Street address**

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Web page address**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty