Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Effectiveness of routine physical therapy with and without motor relearning program on balance and upright mobility in sub-acute stroke patients.

Protocol summary

Study aim
To determine the effectiveness of routine physical therapy with and without motor relearning program on balance and upright mobility in subacute stroke patients.

Design
Single blinded Randomized controlled clinical trial

Settings and conduct
Shaikh Zayed Hospital, Lahore

Participants/Inclusion and exclusion criteria
Inclusion criteria: sub-acute stroke patients diagnosed by neuro physician; Age between 20-50 years; Both male and female; The first time stroke; being able to follow simple instructions; being able to rise from a chair without or with assistive devices. Non-inclusion criteria: having other neurological disorders; suffering from moderate to severe spasticity; having a musculoskeletal disorder of lower limbs; Presence of an unstable medical condition such as severe hypertension, convulsion and complete sensory loss of an upper limb.

Intervention groups
Intervention group: receiving routine physical therapy along with motor relearning training in sit to stand component. Sit to stand training consists of 100 repetition (10 sets of 10 repetition each), 5 days a week for four weeks. Control group: will receive the routine physical therapy treatment that will include stretching exercises, strengthening the lower and upper extremities balance training, and gait training 5 days a week for 4 weeks.

Main outcome variables
Berg Balance Scale; Time Up & Go Test

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20200218046539N1**
Registration date: **2020-03-15, 1398/12/25**
Registration timing: **registered_while_recruiting**

Last update: **2020-03-15, 1398/12/25**
Update count: **0**

Registration date
2020-03-15, 1398/12/25

Registrant information

Name
Afsheen Jawwad

Name of organization / entity
University of Lahore

Country
Pakistan

Phone
+92 42 35957538

Email address
afsheen.jawwad@yahoo.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-11-13, 1398/08/22

Expected recruitment end date
2020-08-13, 1399/05/23

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effectiveness of routine physical therapy with and without motor relearning program on balance and

upright mobility in sub-acute stroke patients.

Public title
Effectiveness of motor relearning program on balance and upright mobility in sub-acute stroke patients
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Diagnosed sub-acute stroke patients by neuro physician Age between 20-50 years Both male and female patients Patients must have been diagnosed as having suffered a first stroke Patients had to be able to follow simple instructions Participant should be able to rise from chair without or with using assistive devices such as cane, walker or crutches
Exclusion criteria:
Patient having other neurological disorders Patients suffering from moderate to severe spasticity Patients having musculoskeletal disorders of lower limbs Patient of an unstable medical condition such as severe hypertension, convulsion and complete sensory loss of an upper limb
Age
From **20 years** old to **50 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Participant

Sample size
Target sample size: **68**
Randomization (investigator's opinion)
Randomized
Randomization description
Patients fulfilling the inclusion criteria will be randomly divided into two groups by using the lottery method.
Blinding (investigator's opinion)
Single blinded
Blinding description
The study will be single-blinded. The patients will be unaware of the treatment given to each group. Patients will not know about the treatment and group allocation and it will be achieved by random numbers.
Placebo
Not used
Assignment
Other
Other design features
No

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Institutional Review Board
Street address
Main Campus, University of Lahore, Lahore
City
Lahore
Postal code
54000
Approval date
2019-11-13, 1398/08/22
Ethics committee reference number
IRB/SZMC/EXTRERNAL/179/19

Health conditions studied

1

Description of health condition studied
Stroke
ICD-10 code
164
ICD-10 code description
Stroke, not specified as hemorrhage or infarction

Primary outcomes

1

Description
Berg Balance Scale
Timepoint
Before intervention and at 4 weeks of intervention and at 8 weeks of intervention.
Method of measurement
Scoring

Secondary outcomes

1

Description
Time Up and Go Test score
Timepoint
Before and after 4 weeks of intervention and at 8th week of intervention
Method of measurement
Time Up and Go Test

Intervention groups

1

Description
Intervention group: will receive routine physical therapy along with motor relearning training in sit to stand component by placing paralytic foot behind the unaffected foot, while moving knees forward on chair and keeping trunk in flexion. Sit to stand training consists of 100 repetition (10 sets of 10 repetition each) for 5 days a week for duration of four weeks . Data will be collected on selected questionnaire to access

patient’s improvements.

Category

Treatment - Other

2

Description

Control group: will receive the routine physical therapy treatment that will include stretching exercises, strengthening the lower and upper extremities balance training, and gait training 5 days a week for 4 weeks.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Neurology Department, Shaikh Zayed Hospital and Federal Postgraduate Medical Institute, Lahore

Full name of responsible person

Dr. Afsheen Naz

Street address

Shaikh Zayed Medical Complex, University Avenue, Block D Muslim Town, Lahore, Punjab

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Lahore

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Phone

+92 42 35865731

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afsheen.jawwad@yahoo.com

Web page address

https://www.szmc.org.pk

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Lahore

Full name of responsible person

Dr. Afsheen Naz

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University of Lahore, Main Campus, Lahore

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Web page address

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Grant name

N/A

Grant code / Reference number

N/A

Is the source of funding the same sponsor organization/entity?

No

Title of funding source

University of Lahore, main campus

Proportion provided by this source

100

Public or private sector

Private

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

Faisal Hospital Lahore

Full name of responsible person

Dr. Afsheen Naz

Position

Consultant Physical Therapist

Latest degree

Master

Other areas of specialty/work

Neurology

Street address

23 B, Faysal Town, Abul-ul-Asphani Road، Block A Faisal Town, Lahore, Punjab

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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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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Yes - There is a plan to make this available
Data Dictionary
Yes - There is a plan to make this available
Title and more details about the data/document
All collected deidentified IPD
When the data will become available and for how long
Data will be available to other people after the completion of study and remained available till 6 months
To whom data/document is available
Data will be available to people working in academic institutions
Under which criteria data/document could be used
Data can be accessed by communicating with principle investigator "Afsheen Naz" through institutional email address: afsheen.jawwad@yahoo.com
From where data/document is obtainable
Data/document is available from principle investigator "Afsheen Naz" through the institutional email address: afsheen.jawwad@yahoo.com
What processes are involved for a request to access data/document
Data/document can be accessed through communicating with principle investigator "Afsheen Naz" on institutional email address: afsheen.jawwad@yahoo.com
Comments
N/A