

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

18 Jun 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/EXTRERNA/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

**City**

Lahore

**Postal code**

54000

**Phone**

+92 42 35865731

**Email**

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

**Street address**

University of Lahore, Main Campus, Lahore

**City**

Lahore

**Postal code**

54000

**Phone**

+92 42 99200600

**Email**

afsheen.jawwad@yahoo.com

**Web page address**

<https://www.uol.edu.pk>

**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

**City**

Lahore

**Province**

Punjab

**Postal code**

54000

**Phone**

+92 345 4129907

**Email**

afsheen.jawwad@yahoo.com

**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Faisal Hospital Lahore

**Full name of responsible person**

Dr. Afsheen Naz

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**Phone**

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**Email**

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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