

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Aug 2026

Comparing the effect of two kind of the current and NASM corrective exercises protocols on the dynamic Q angle , position sense and function in girl students with Genu Valgum

Protocol summary

Study aim

Comparing the effect of two kind of the current and NASM corrective exercises protocols on the dynamic Q angle , position sense and function in girl students with Genu Valgum

Design

Clinical trial with control group, with parallel, single blind, randomized groups

Settings and conduct

Forty five girl students with Genu Valgum with aged 12-16, were voluntarily included in the study and divided into two experimental groups (current and NASM), and one control group. The experimental groups received current and NASM corrective exercises for eight weeks. In the pre- and post-tests, the dynamic Q angle, the positional sense of the knee joint and function were examined

Participants/Inclusion and exclusion criteria

Female students aged 16-12 years that have genuvalgum

Intervention groups

current and NASM corrective exercises and control group

Main outcome variables

dynamic Q angle, the positional sense of the knee joint, function

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200107046035N1**

Registration date: **2020-04-15, 1399/01/27**

Registration timing: **retrospective**

Last update: **2020-04-15, 1399/01/27**

Update count: **0**

Registration date

2020-04-15, 1399/01/27

Registrant information

Name

Hossein Shahrokhi

Name of organization / entity

Hakim Sabzevari University

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-04-21, 1398/02/01

Expected recruitment end date

2019-07-06, 1398/04/15

Actual recruitment start date

2019-04-21, 1398/02/01

Actual recruitment end date

2019-07-06, 1398/04/15

Trial completion date

2019-11-06, 1398/08/15

Scientific title

Comparing the effect of two kind of the current and NASM corrective exercises protocols on the dynamic Q angle , position sense and function in girl students with Genu Valgum

Public title

the effect of two kind of the current and NASM corrective exercises protocols on the dynamic Q angle , position sense and function

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Student Genu Valgum age between 12 - 16

Exclusion criteria:

Age

From **12 years** old to **16 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **45**

Actual sample size reached: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple randomization method was used that in this method for generate random sequences "Random allocation software" was used. Then, central randomization method was used to allocation concealment.

Blinding (investigator's opinion)

Single blinded

Blinding description

Subjects were unaware of the allocation of study groups

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Sport sciences research institute

Street address

No. 3, 5th Alley, Miremad Street, Motahhari Street, Tehran, Iran.

City

Tehran

Province

Tehran

Postal code

1587958711

Approval date

2019-12-04, 1398/09/13

Ethics committee reference number

IR.SSRI.REC.1398.590

Health conditions studied

1

Description of health condition studied

Genu Valgum

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Geno valgum is one of the deformities of the knee in which the knees approach each other and the internal ankles move away from each other.

Timepoint

At the beginning of the study (before the start of the intervention) and after 8 weeks of intervention

Method of measurement

Camera , Dartfish software, tape meter, stopwatch

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: current corrective exercises

Category

Rehabilitation

2

Description

Intervention group: NASM corrective exercises

Category

Rehabilitation

3

Description

Control group: control

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Karaj Education

Full name of responsible person

Narjes Abdollahi Natanzi

Street address

Alborz Province, Karaj, Azimieh, Mikhak

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Raja university
Full name of responsible person
hadi miri
Street address
novrizian, motahhari bolv
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قزوین
Province
Qazvin
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95834-34148
Phone
+98 28 3367 7101
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hd.miri@gmail.com

Grant name

Grant code / Reference number

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

No

Title of funding source

Author

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

Persons

Person responsible for general inquiries

Contact

Name of organization / entity
Hakin Sabzevari University
Full name of responsible person
Hossein Shahrokhi
Position
assistant professor
Latest degree
Ph.D.
Other areas of specialty/work

sport injury and corrective exercise

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Person responsible for updating data

Contact

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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 potential data can be shared after people have not been identified

When the data will become available and for how long

Start the access period one year after printing the results

To whom data/document is available

Data will be available to academic and scientific researchers

Under which criteria data/document could be used

Any kind of functional analysis on the submitted data is allowed

From where data/document is obtainable

by Email: h.shahrokhi@hsu.ac.ir

What processes are involved for a request to access data/document

by Email: h.shahrokhi@hsu.ac.ir and the reason for using the documents

Comments