

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Comparison of the rate of lactic acid excretion during the return to initial state by performing yoga techniques and vibration of the whole body and cold water pool in the selected football team

Protocol summary

Study aim

Comparison of the rate of lactic acid excretion during the return to initial state by performing yoga techniques and vibration of the whole body and cold water pool in the selected football team

Design

A clinical trial with a control group, with parallel groups, randomized, on 60 footballers (4 groups of 15 people). Excel software rand function was used for randomization.

Settings and conduct

This study is on the footballers in the football leagues of Semnan province.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Footballer with 6 months of continuous training in advance; Lack of physical and motor problems. Exclusion criteria: Reluctance to continue collaborating in research.

Intervention groups

Intervention group 1: Fifteen footballers practice yoga for 15 minutes according to the protocol. At the end of the yoga, their blood lactic acid is measured. Intervention group 2: 15 footballers; According to the protocol, they are placed in a cold pool with a temperature of 10-15 degrees Celsius for 15 minutes (the whole body except the head). After leaving the cold pool, their blood lactic acid is measured. Intervention group 3: 15 footballers; According to the protocol, it is placed on a vibrating device at a speed of 20 Hz for 15 minutes. After vibration, their blood lactic acid is measured. Control group: 15 footballers sit on a chair for 15 minutes. After 15 minutes, their blood lactic acid is measured.

Main outcome variables

Blood lactic acid

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20151228025732N61**

Registration date: **2020-10-30, 1399/08/09**

Registration timing: **registered_while_recruiting**

Last update: **2020-10-30, 1399/08/09**

Update count: **0**

Registration date

2020-10-30, 1399/08/09

Registrant information

Name

Alireza Emadi

Name of organization / entity

Semnan University of Medical Sciences, Semnan, Iran

Country

Iran (Islamic Republic of)

Phone

+98 23 3345 1336

Email address

are20935@semums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-12-17, 1398/09/26

Expected recruitment end date

2020-12-16, 1399/09/26

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

2

protocol, it is placed on a vibrating device at a speed of 20 Hz for 15 minutes. After vibration, their blood lactic acid is measured.

Category

Diagnosis

4

Description

Control group: 15 footballers sit on a chair for 15 minutes. After 15 minutes, their blood lactic acid is measured.

Category

Diagnosis

Recruitment centers

1

Recruitment center

Name of recruitment center

Islamic Azad University, Semnan Branch

Full name of responsible person

Mohammad Rashidi

Street address

Semnan Islamic Azad University, 5 km of Damghan road, Semnan.

City

Semnan

Province

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3513119111

Phone

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are20935@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Mohammad Karim Sohrabi

Street address

Semnan Islamic Azad University, 5 km of Damghan road, Semnan.

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Phone

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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

Islamic Azad University

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

Islamic Azad University

Full name of responsible person

Mohammad Rashidi

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Physical Education

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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

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available