

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Comparison of effects of Same Arm Movement Therapy (SAME) Vs Constraint Induced Movement Therapy (CIMT) to improve upper-limb function in chronic Stroke

#### Protocol summary

##### Study aim

To compare the effects of Same Arm Movement Therapy (SAME) Vs Constraint Induced Movement Therapy (CIMT) to improve upper-limb function in chronic Stroke.

##### Design

Randomized clinical trial.

##### Settings and conduct

Riphah Rehabilitation Center, Spine & Physiotherapy Rehab Centre

##### Participants/Inclusion and exclusion criteria

Inclusion Criteria: Confirmed infarct or Hemorrhage by a neurologist using either MRI or CT scan. Age between 30-65. History of stroke 1-6 months prior to participation in the project. Patients who provided consents to participate in the study. Proper balance and safety while wearing the restraint Exclusion Criteria: Patients were not considered for participation in the trial if: They were discharged from hospital within 1 week. Patients with implants such as Neuro stimulator containing electric circuitry and implants generating electric sign. Patients with anxiety and claustrophobia with diagnosed psychological disorder. Patients undergoing chemotherapy. Alcohol dependency or evidence of substance abuse. Patients without any visual-perceptual problems. Patients without any communication barriers/language issue. Patients with no significant cognitive impairments

##### Intervention groups

Group A: SAME Therapy treatment protocol consists of 8 weeks of mental rehearsal of upper limb movements during 45-min supervised sessions three times a week and structured independent sessions twice a week.

Group B: CIMT treatment protocol consists of 8 weeks of daily intensive training of the affected extremity for 2 hours per day, 5 days per week, and 8 weeks in association with restriction of the non-affected extremity for 10 hours a day.

#### Main outcome variables

Wolf motor function test, Action Research Arm test

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20200620047848N1**

Registration date: **2020-10-01, 1399/07/10**

Registration timing: **registered\_while\_recruiting**

Last update: **2020-10-01, 1399/07/10**

Update count: **0**

##### Registration date

2020-10-01, 1399/07/10

##### Registrant information

##### Name

Alina Shaukat

##### Name of organization / entity

Riphah College of Rehabilitation & Allied Health Sciences

##### Country

Pakistan

##### Phone

+92 42 36610923

##### Email address

alinashaukat07@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2020-09-08, 1399/06/18

##### Expected recruitment end date

2020-11-08, 1399/08/18

##### Actual recruitment start date

empty

**Actual recruitment end date**  
empty

**Trial completion date**  
empty

**Scientific title**  
Comparison of effects of Same Arm Movement Therapy (SAME) Vs Constraint Induced Movement Therapy (CIMT) to improve upper-limb function in chronic Stroke

**Public title**  
Comparison of effects of Same Arm Movement Therapy (SAME) Vs Constraint Induced Movement Therapy (CIMT) to improve upper-limb function in chronic Stroke

**Purpose**  
Treatment

**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
Confirmed infarct or Hemorrhage by a neurologist using either MRI or CT scan Age between 30-65 History of stroke 1-6 months prior to participation in the project Patients who provided consents to participate in the study Proper balance and safety while wearing the restraint  
**Exclusion criteria:**  
They were discharged from hospital within 1 week Patients participating in any experimental rehabilitation on drug studies Patients with implants such as Neuro stimulator containing electric circuitry and implants generating electric sign Patients with anxiety and claustrophobia with diagnosed psychological disorder Patients undergoing chemotherapy Alcohol dependency or evidence of substance abuse Patients without any visual-perceptual problems Patients without any communication barriers/language issue Patients with no significant cognitive impairments

**Age**  
From **30 years** old to **65 years** old

**Gender**  
Both

**Phase**  
2

**Groups that have been masked**  

- Participant

**Sample size**  
Target sample size: **22**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
Randomization by lottery method. Allocation concealment through sealed envelope

**Blinding (investigator's opinion)**  
Single blinded

**Blinding description**  
participant will be blinded

**Placebo**  
Not used

**Assignment**  
Parallel

**Other design features**

Non- Probability Convenient Sampling will be used to recruit the individuals for the study and then randomization will be done by lottery method to divide the individuals into 2 treatment groups. Sealed envelope will be used for allocation concealment.

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee of Riphah College of Rehabilitation & Allied health Sciences

##### Street address

Madar-e-Millat Road, Quaid-e-Azam Industrial Estate

##### City

Lahore

##### Postal code

54770

#### Approval date

2020-01-01, 1398/10/11

#### Ethics committee reference number

RCRS-RE-MS-NMPT/FALL 19/026

## Health conditions studied

### 1

#### Description of health condition studied

Chronic stroke

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

upper limb strength

#### Timepoint

Total 8 week program and No followup. Primary outcome will be measured on 8th week.

#### Method of measurement

Wolf motor function test, Action Research Arm Test

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group A: SAME Therapy treatment protocols consist of 8 weeks of mental rehearsals of upper limb movements during 45-min supervised sessions three

times a week and structural independent sessions twice a week.

**Category**

Rehabilitation

**2**

**Description**

Intervention group B: CIMT treatment protocol consists of 8 weeks of daily intensive training of the affected extremity for 2 hours per day, 5 days per week, and 8 weeks in association with restriction of the non-affected extremity for 10 hours a day.

**Category**

Rehabilitation

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

Riphah Rehabilitation Center, Lahore

**Full name of responsible person**

Alina Shaukat

**Street address**

28 Madar-e-Millat Road, Quaid-e-Azam Industrial Estate Quaid e Azam Industrial Estate, Lahore, Punjab 54760

**City**

Lahore

**Postal code**

54760

**Phone**

+92 42 32172454

**Email**

alinashaukat07@gmail.com

**Web page address**

**2**

**Recruitment center**

**Name of recruitment center**

Spine & Physiotherapy Rehab Centre

**Full name of responsible person**

Alina Shaukat

**Street address**

Al Fazal Hospital, 9-B, Board of Revenue Housing Society Johar Town, Lahore, Punjab 54000

**City**

Lahore

**Postal code**

54760

**Phone**

+92 42 32172454

**Email**

alinashaukat07@gmail.com

**Web page address**

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Riphah International University

**Full name of responsible person**

Alina Shaukat

**Street address**

Madar-e-Millat Road, Quaid-e-Azam Industrial Estae

**City**

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**Postal code**

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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**

Riphah International University

**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**

Other

**Person responsible for general inquiries**

**Contact**

**Name of organization / entity**

Riphah International University

**Full name of responsible person**

Alina Shaukat

**Position**

Student

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

**Street address**

Madar-e-Millat Road, Quaid-e-Azam Industrial Estate

**City**

Lahore

**Province**

Punjab

**Postal code**

54770

**Phone**

0432172454

**Email**

alinashaukat07@gmail.com

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

Ripah International University

**Full name of responsible person**

Alina Shaukat

**Position**

Student

**Latest degree**

Master

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## Person responsible for updating data

### Contact

**Name of organization / entity**

Ripah International University

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**Latest degree**

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## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**

No - There is not a plan to make this available

**Justification/reason for indecision/not sharing IPD**

there is no further decision and information decided yet

**Study Protocol**

Undecided - It is not yet known if there will be a plan to make this available

**Statistical Analysis Plan**

Undecided - It is not yet known if there will be a plan to make this available

**Informed Consent Form**

Undecided - It is not yet known if there will be a plan to make this available

**Clinical Study Report**

Undecided - It is not yet known if there will be a plan to make this available

**Analytic Code**

Undecided - It is not yet known if there will be a plan to make this available

**Data Dictionary**

Undecided - It is not yet known if there will be a plan to make this available