Clinical Trial Protocol
Iranian Registry of Clinical Trials

10 Nov 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 infract 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 circurity 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 circurity 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-mints 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
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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

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Ripah International University

Full name of responsible person
Alina Shaukat

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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
Ripah 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
Ripah International University

Full name of responsible person
Alina Shaukat

Position
Student

Latest degree
Master

Other areas of specialty/work
Physiotherapy

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Person responsible for scientific inquiries

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Position
Student

Latest degree
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Other areas of specialty/work
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Person responsible for updating data

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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