

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Jun 2026

### Evaluation the effect of balance training with conventional physiotherapy on clinical improvement of knee osteoarthritis

#### Protocol summary

##### Summary

The hypothesis of this study is based on adding balance training to the ordinary physiotherapy, can improve functional state of patients with knee osteoarthritis. Sixty patients with mild to moderate knee osteoarthritis (age between 50 to 65 years) are set in two intervention and control groups randomly. Knee physiotherapy will be done in both groups. In addition, we will add balance training during 10 sessions on intervention group. Before and after study, functional tests as WOMAC, Lequesne questionnaire and falling risk with balance system would be tested to compare between 2 groups.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201008274641N1**

Registration date: **2011-09-21, 1390/06/30**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2011-09-21, 1390/06/30

##### Registrant information

###### Name

Bina Eftekharsadat

###### Name of organization / entity

Tabriz university of medical sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 41 1330 3193

###### Email address

binasadat@tbzmed.ac.ir

#### Recruitment status

##### Recruitment complete

##### Funding source

Physical medicine and rehabilitation center of Tabriz

##### Expected recruitment start date

2010-05-05, 1389/02/15

##### Expected recruitment end date

2011-07-06, 1390/04/15

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Evaluation the effect of balance training with conventional physiotherapy on clinical improvement of knee osteoarthritis

##### Public title

The effect of balance training with conventional physiotherapy on knee osteoarthritis

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: age between 50 to 65 years; knee joint stiffness less than 30 minutes; mild to moderate knee osteoarthritis. Exclusion criteria: severe osteoarthritis (grade iv) according to ACR classification; secondary osteoarthritis; acute synovitis.

##### Age

From **50 years** old to **65 years** old

##### Gender

Both

##### Phase

N/A

##### Groups that have been masked

*No information*

##### Sample size

Target sample size: **60**

## Randomization (investigator's opinion)

Randomized

## Randomization description

## Blinding (investigator's opinion)

Single blinded

## Blinding description

## Placebo

Not used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Tabriz University of medical sciences

##### Street address

Golgasht st

##### City

Tabriz

##### Postal code

#### Approval date

2011-08-15, 1390/05/24

#### Ethics committee reference number

9025

## Health conditions studied

### 1

#### Description of health condition studied

osteoarthritis

#### ICD-10 code

M17

#### ICD-10 code description

Gonarthrosis [arthrosis of knee]

## Primary outcomes

### 1

#### Description

functional improvement

#### Timepoint

Before and after 10 sessions of physiotherapy

#### Method of measurement

WOMAC & Lequesne Questionnaires

## Secondary outcomes

### 1

#### Description

pain severity

## Timepoint

before and after 10 sessions of physiotherapy

## Method of measurement

WOMAC and Lequesne questionnaires

### 2

#### Description

fall risk decrease

#### Timepoint

Before and after 10 sessions of physiotherapy

#### Method of measurement

bidex balance system

## Intervention groups

### 1

#### Description

Control group: only routine physiotherapy include TENS (Transcutaneous Electrical Nerve Stimulation), Ultrasound, Hot pack for 10 session.

#### Category

Rehabilitation

### 2

#### Description

Intervention group: routine physiotherapy with balance training

#### Category

Rehabilitation

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Shohada hospital of Tabriz

##### Full name of responsible person

Bina Eftekharsadat

##### Street address

Shohada hospital, Parvaz street

##### City

Tabriz

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Physical Medicine and Rehabilitation Research Center of Tabriz

##### Full name of responsible person

Yaghoub Salek Zamani

##### Street address

Imam reza hospital , Golgasht street

##### City

Tabriz

#### Grant name

**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Physical Medicine and Rehabilitation Research Center of Tabriz

**Proportion provided by this source**

100

**Public or private sector***empty***Domestic or foreign origin***empty***Category of foreign source of funding***empty***Country of origin****Type of organization providing the funding***empty***Person responsible for general inquiries****Contact****Name of organization / entity**

Physical medicine and rehabilitation center of Tabriz

**Full name of responsible person**

Bina Eftekharsadat

**Position**

Associate professor

**Other areas of specialty/work****Street address**

Physical Medicine and Rehabilitation Research Center of Tabriz, imam reza hospital, Golgasht st.

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**Web page address****Person responsible for updating data****Contact****Name of organization / entity**

Physical medicine and rehabilitation center of Tabriz

**Full name of responsible person**

Alireza Bihamta

**Position**

Medical student (Intern)

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**Web page address****Sharing plan****Deidentified Individual Participant Data Set (IPD)***empty***Study Protocol***empty***Statistical Analysis Plan***empty***Informed Consent Form***empty***Clinical Study Report***empty***Analytic Code***empty***Data Dictionary***empty*