Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 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)

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+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 quastionnaires

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

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Person responsible for scientific inquiries

Contact

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Person responsible for updating data

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Medical student (Intern)

Other areas of specialty/work

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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