Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 2026

The effect of whole body vibration on static balance and torque of invertor and evertor muscles of ankle in low arched feet

Protocol summary

Summary

The aim of this research is to detect the effect of whole body vibration on static balance and torque of invertor and evertor muscles of ankle in persons with low arched feet.volunteers will be placed into normal and low arch feet groups. before intervention the static balance and the torque of invertor and evertor muscles will be measured by force plate and isokinitic dynamometer respectivily. The low arched feet participants will be randomly devided into two groups. one group will recieve Whole Body Vibration 6 weeks,3 times in every week and the other group will receive no intervention. 6 weeks after Whole Body Vibration the balance and torque will be assesed in both groups again.For following up the results of research we do all measurments 4 weeks after again for intervention group.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201110255112N4**
Registration date: **2013-07-23, 1392/05/01**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2013-07-23, 1392/05/01

Registrant information

Name
Rozita Hedayati
Name of organization / entity
Semnan University of Medical Sciences
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Neuromuscular Rehabilitation Research Center, Semnan University of Medical Sciences

Expected recruitment start date

2012-10-01, 1391/07/10

Expected recruitment end date

2013-12-31, 1392/10/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of whole body vibration on static balance and torque of invertor and evertor muscles of ankle in low arched feet

Public title

The effect of whole body vibration on balance and ankle muscle torque in low arched feet

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:No history of congenital deformity in the lower extremity or foot; No previous history of lower extremity or foot fractures; No systemic diseases that could affect lower extremity or foot posture; No history of trauma or pain to either foot, lower extremity, or lumbosacral region at least 12 months prior to the start of the investigation. Exclusion criteria : Any visual signs of hallux valgus, hallux limitus/rigidus, claw toes, or hammer toes; Pain; Abnormal gait; Medical insoles; Muscular disease or neuromuscular disease

Age
From **18 years** old to **30 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **80**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Semnan University of Medical Sciences
Street address
Semnan University of Medical Sciences, The 5th kilometers of Damghasn road
City
Semnan
Postal code
Approval date
2010-09-23, 1389/07/01
Ethics committee reference number
پس از طرح در کمیته اخلاق دانشگاه علوم پزشكي سمنان ثبت م

2

Ethics committee
Name of ethics committee
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Street address
Semnan University of Medical Sciences, The 5th Kilometer of Dameghan Road
City
Semnan
Postal code
Approval date
2010-08-20, 1389/05/29
Ethics committee reference number
پس از طرح در کمیته اخلاق دانشگاه علوم پزشكي سمنان ثبت م

Health conditions studied

1

Description of health condition studied
low arched feet
ICD-10 code
Q 66.5
ICD-10 code description
Diseases of the muscloskeletal syatem and connective tissue

Primary outcomes

1

Description
Center of Pressuere Velocity
Timepoint
Beginning of the study, 6 weeks after, 10 weeks after
Method of measurement
force plate

2

Description
Center of Pressure Displacement
Timepoint
Beginning of the study, 6 weeks after, 10 weeks after
Method of measurement
Forceplate

3

Description
Muscle Torque
Timepoint
Beginning of the study, 6 weeks after, 10 weeks after
Method of measurement
Dynamometers

Secondary outcomes

empty

Intervention groups

1

Description
In intervention group: whole body vibration frequency=26 Hz set:6 duration: 60 second interval rest: 60 sec total duration: 6 weeks 3 times a week
Category
Treatment - Devices

2

Description
control group: No Intervention 9
Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Neuromuscular Rehabilitation Research Center, Semnan University of Medical Sciences

Full name of responsible person
Dr. Rozita Hedayati

Street address
Semnan University of Medical Sciences, The 5th Kilometers of Damghan Road

City
Semnan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Neuromuscular Rehabilitation Research Center, Semnan University of Medical Sciences

Full name of responsible person
Dr AmirHushang Bakhtiary

Street address
No 5, Ghods Bolveder, Semnan

City
Semnan

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Neuromuscular Rehabilitation Research Center, Semnan University of Medical Sciences

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
Semnan University of Medical Sciences

Full name of responsible person
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Position
Ph.D, Assisstant professor

Other areas of specialty/work

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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