

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 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 respectively. The low arched feet participants will be randomly divided into two groups. one group will receive 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 assessed in both groups again. For following up the results of research we do all measurements 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

Country

Iran (Islamic Republic of)

Phone

+98 23 1335 4180

Email address

hedayati@sem-ums.ac.ir

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 پزشکی سمنان ثبت م

2

Ethics committee

Name of ethics committee

Semnan University of Medical Sciences

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 پزشکی 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 musculoskeletal system and connective tissue

Primary outcomes

1

Description

Center of Pressure 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

Dr. Rozita Hedayati

Position

Ph.D, Assistant professor

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

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Position

Assistant Professor / Ph.D

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