

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

EFFECTIVENESS OF GAZE STABILITY WITH AND WITHOUT VESTIBULAR REHABILITATION ON GAIT, BALANCE, AND KINESIOPHOBIA IN ELDERLY PEOPLE

Protocol summary

Study aim

To determine the effectiveness of gaze stability with and without vestibular rehabilitation on gait, balance, and kinesiophobia in elderly people.

Design

A concealed, randomized, single-blinded, controlled trials with a group design of 96 participants.

Settings and conduct

In Sofia old age home Multan and Nova old age home Multan study will be conducted. Group-A will be treated with gaze stability exercises and Group B will be treated with gaze stability with vestibular rehabilitation exercises. The data analyzer will be kept blind.

Participants/Inclusion and exclusion criteria

In inclusion criteria both gender aged 50-79 years with at least 50% of Activities-specific Balance Confidence Scale score included. In exclusion criteria were people with serious mobility issues, people with the neoplastic disorder, and coronary artery disease patients.

Intervention groups

Group A received gaze stability exercises and group B received gaze stability with vestibular rehabilitation exercises.

Main outcome variables

Tampa scale for kinesiophobia (TSK) Time up and go test for balance (TUG) Dynamic gait index for gait (DGI)

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220617055200N1**

Registration date: **2022-06-23, 1401/04/02**

Registration timing: **retrospective**

Last update: **2022-06-23, 1401/04/02**

Update count: **0**

Registration date

2022-06-23, 1401/04/02

Registrant information

Name

Iqra Aslam

Name of organization / entity

ALI-UL-MURTAZA, DEPARTMENT OF REHABILITATION SCIENCES, MUHAMMAD INSTITUTE OF MEDICAL AND ALLIED SCIE

Country

Pakistan

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iqraaslam@mimas.edu.pk

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-11-15, 1400/08/24

Expected recruitment end date

2021-12-15, 1400/09/24

Actual recruitment start date

2021-11-15, 1400/08/24

Actual recruitment end date

2021-12-20, 1400/09/29

Trial completion date

2022-07-20, 1401/04/29

Scientific title

EFFECTIVENESS OF GAZE STABILITY WITH AND WITHOUT VESTIBULAR REHABILITATION ON GAIT, BALANCE, AND KINESIOPHOBIA IN ELDERLY PEOPLE

Public title

Effects of exercises on balance, gait, and kinesiophobia

in elderly people

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Both gender Age 50-79 years At least 50% of activities-specific Balance Confidence Scale

Exclusion criteria:

Disabled individuals were left out of the loop Those who had serious mobility issues were not included People who needed a walker or cane to get about were not included Coronary artery disease patients were not included

Age

From **50 years** old to **79 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Data analyser

Sample size

Target sample size: **96**

More than 1 sample in each individual

Number of samples in each individual: **2**

Before and after treatment

Actual sample size reached: **96**

More than 1 sample in each individual

Actual sample size in each individual: **48**

Before and after treatment

Randomization (investigator's opinion)

Randomized

Randomization description

Allocation concealment occurs and patients will be recruited by using simple randomization through the lottery method. The lottery method is carried out through sealed envelopes. each participant will randomly choose the sealed envelopes and open this sealed envelope.

Blinding (investigator's opinion)

Single blinded

Blinding description

The data analyzer was unaware of the results. The data analyzer was unaware of the treatments received by group A and group B. Data analyzer was unaware of the results.

Placebo

Not used

Assignment

Parallel

Other design features

no

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Institutional ethical committee of Muhammad institute of medical and allied sciences

Street address

HBL street near Sabzazar metro station Bosan road Multan

City

Multan

Postal code

60700

Approval date

2021-11-27, 1400/09/06

Ethics committee reference number

2021/IRB/13/PT/19

Health conditions studied

1

Description of health condition studied

Gait imbalance

ICD-10 code

R26.89

ICD-10 code description

Other abnormalities of gait and mobility

Primary outcomes

1

Description

Balance

Timepoint

evaluated pre treatment and post treatment

Method of measurement

time up and go test

2

Description

gait training

Timepoint

evaluated pre treatment and post treatment

Method of measurement

Dynamic gait index

3

Description

kinesiophobia

Timepoint

evaluated pre treatment and post treatment

Method of measurement

Tampa scale for kinesiophobia

Secondary outcomes

1

Description

ADLs

Timepoint

evaluated pre treatment and post treatment

Method of measurement

time up and go test, gait training index

Intervention groups

1

Description

Intervention group: Group-B will be treated with Gaze stability with vestibular rehabilitation exercises. A Warm-Up Exercise For 5 minutes Before the Activity Is Included As Short Walks with Normal Speed and Games with Medicine Balls, Using Hands and Feet. For Gaze Stabilization Exercise the Participants Will Make to Sit Facing a Blank Wall and Hold Out Their Thumb Straight in Front of The Therapist. Participants will be Requested to Maintain Their Eyes Fixated on Your Thumb at All Times During This Exercise, Then Turn Their Head a Little to The Right and Then to The Left. Alternate Turning from Left to Right and Back in A Rhythmic Pattern. The Transition from Left to Right Took About a Second and Went Nicely. This will be repeated 10 times. Vestibular rehabilitation exercises formed both in sitting and standing. Walked outside (moved forward, backward, and sideways at various speeds). Stand on a single-leg stance & double leg stance. Several types of ground surfaces were included like foam rubber and mattresses. All activities will be performed with eyes open & eyes closed. Each position allowed holding for 10 seconds. Duration is 12 weeks 3 days a week.

Category

Treatment - Other

2

Description

Control group: Group-A will be treated with Gaze stability. A Warm-Up Exercise For 5 minutes Before the Activity Is Included As Short Walks with Normal Speed and Games with Medicine Balls, Using Hands and Feet. For Gaze Stabilization Exercise the Participants Will Make to Sit Facing a Blank Wall and Hold Out Their Thumb Straight in Front of The Therapist. Participants will be Requested to Maintain Their Eyes Fixated on Your Thumb at All Times During This Exercise, Then Turn Their Head a Little to The Right and Then to The Left. Alternate Turning from Left to Right and Back in A Rhythmic Pattern. The Transition from Left to Right Took About a Second and Went Nicely. Duration is 12 weeks 3 days a week.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Edhi old age home

Full name of responsible person

Nimra Arif

Street address

Multan

City

Multan

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Phone

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Email

angelnimra95@gmail.com

Web page address

<http://mimas.edu.pk/>

2

Recruitment center

Name of recruitment center

Nova old age home

Full name of responsible person

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Web page address

<http://mimas.edu.pk/>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Muhammad institute of medical and allied sciences
Multan

Full name of responsible person

Nimra Arif

Street address

HBL street near sabzazar metro station, Multan.

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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

Muhammad institute of medical and allied sciences
Multan

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

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Muhammad institute of medical and allied sciences,
Multan.

Full name of responsible person

Nimra Arif

Position

senior Lecturer

Latest degree

Specialist

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Muhammad institute of medical and allied sciences,
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Full name of responsible person

Imran Ahmad Khan

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Cardiology

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

Nimra Arif

Position

Senior lecturer

Latest degree

Medical doctor

Other areas of specialty/work

Physiotherapy

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

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