Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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
Phone
+92 337 0731261
Email address
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

Institiutional ethcal 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 kineseophobia

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

Postal code

60700

Phone

+92 337 0731261

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

Nimra Arif

Street address

Multan

City

Multan

Postal code

60700

Phone

+92 337 0731261

Email

angelnimra95@gmail.com

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.

City

Multan

Postal code

60700

Phone

+92 333 3877032

Email

angelnimra95@gmail.com

Web page address

http://mimas.edu.pk/

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

Street address
HBL Street near sabzazar metro station Multan

City
Multan

Province
punjab

Postal code
60700

Phone
+92 333 3877032

Email
angelnimra95@gmail.com

Web page address
http://mimas.edu.pk/

Person responsible for scientific inquiries

Contact

Name of organization / entity
Muhammad institute of medical and allied sciences, Multan.

Full name of responsible person
Imran Ahmad Khan

Position
Assistant professor

Latest degree
Ph.D.

Other areas of specialty/work
Cardiology

Street address
HBL street near sabzazar metro station, Multan.

City
Multan

Province
Punjab

Postal code
60700

Phone
+92 333 6120602

Email
imranahmadkhandurrani@gmail.com

Web page address
http://mimas.edu.pk/

Person responsible for updating data

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
Medical doctor

Other areas of specialty/work
Physiotherapy

Street address
HBL street near sabzazar metro station Multan

City
Multan

Province
punjab

Postal code
60700

Phone
+92 333 3877032

Email
angelnimra95@gmail.com

Web page address
http://mimas.edu.pk/

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