

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

To compare the effects of exergame and exercises with exercises only on functional activities in newly fitted patients with unilateral trans tibial amputation

Protocol summary

Study aim

The aim of this study is to clarify the effects of adding exergame to conventional exercise program on functional activities in newly-fitted patients with unilateral trans-tibial amputation.

Design

22 patients were divided into two parallel groups using simple randomization (11 in each group). C represent the control group and EG represent the Exergame group. 22 cards with numbers were collected inside a plastic container. Number one represent the exergame group and number two represent the control group. The Assessor was blinded to the type of the group.

Settings and conduct

The patients were recruited after they received their prostheses and finished their primary fitting. The assessor applied the outcome measures before the intervention and then the patients were randomly divided into group EG or C as follows: group EG) Exergame and exercise, group C) only exercise.

Participants/Inclusion and exclusion criteria

Inclusion criteria Newly fitted patients with unilateral Trans-tibial amputation; Age ranging from 30 to 65 years; Be cognitively able to engage in the program; Participants should not have any medical conditions (e.g., Congestive heart failure, Neurological disorder) that limit exercise participation; Participants should not have any prosthetic fit issues (e. g, pain, and discomfort) as indicated by scores <6 on the Prosthetic Socket Fit Comfort Scale. Exclusion criteria: Unable to give informed consent; Previous experience using the XBOX Kinect™; Major cardiopulmonary problems.

Intervention groups

The patients were randomly divided into two groups: Exergame group: which received exercises and exergame, 3 sessions per week for four weeks. Control group: which received only exercises, 3 sessions per

week for four weeks.

Main outcome variables

Distance of walking. Speed of movement. Functional activities. Energy expenditure.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220715055472N1**

Registration date: **2022-07-18, 1401/04/27**

Registration timing: **retrospective**

Last update: **2022-07-18, 1401/04/27**

Update count: **0**

Registration date

2022-07-18, 1401/04/27

Registrant information

Name

Mohammed Al Sawaedi

Name of organization / entity

Country

Iraq

Phone

+964 771 109 0342

Email address

m-jabbaralsawaedi@razi.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-10-01, 1400/07/09

Expected recruitment end date

2022-05-30, 1401/03/09

Actual recruitment start date

2021-10-01, 1400/07/09

Actual recruitment end date
2022-05-30, 1401/03/09

Trial completion date
2022-05-30, 1401/03/09

Scientific title
To compare the effects of exergame and exercises with exercises only on functional activities in newly fitted patients with unilateral trans tibial amputation

Public title
To compare the effects of exergame and exercises with exercises only on functional activities in newly fitted patients with unilateral trans tibial amputation

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Newly fitted patients with unilateral Trans-tibial amputation Age ranged from 30 to 65 years Be cognitively able to engage in the program (receive a score on the Arabic version of the Modified Mini-Mental Status Exam score of >23) Participants should not have any medical conditions (e.g., Congestive heart failure, Neurological disorder) that limit exercise participation.
Exclusion criteria:
Unable to give informed consent Previous experience of using the XBOX Kinect™ Major cardiopulmonary problems.

Age
From **30 years** old to **65 years** old

Gender
Male

Phase
N/A

Groups that have been masked

- Outcome assessor

Sample size
Target sample size: **22**
Actual sample size reached: **22**

Randomization (investigator's opinion)
Randomized

Randomization description
simple randomization in which 22 cards collected inside a plastic container. card with number one represent experimental group and card number two represent control group.

Blinding (investigator's opinion)
Single blinded

Blinding description
The assessor was blinded to the type of group.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids
empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethical Committee of Tehran University of Medical Sciences

Street address

Central building, Ghods street, Keshavarz Blvd, Tehran

City

Tehran

Province

Tehran

Postal code

13

Approval date

2021-09-26, 1400/07/04

Ethics committee reference number

IR.TUMS.FNM.REC.1400.120

Health conditions studied

1

Description of health condition studied

Exergame and exercises for patients with trans tibial amputation

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Distance of walking: 2MWT was administered to check the distance of walking in the meter before and after the intervention. The test was implemented on a walking path that is free from obstacles (including other people) and 50 feet in length as available. The measuring wheel was used to measure the exact distance be covered by the patient during the test. The physiotherapist holds the walking wheel and walk behind the patient to calculate the distance. The patient walked for 2 minutes and the distance was calculated automatically by measuring the wheel. The assistive device could be used and was documented from test to test. The time starts upon "Go" and stop timing at 2 minutes. The patient will be instructed as follows "Cover as much ground as possible over 2 minutes. Walk continuously if possible, but do not be concerned if you need to slow down or stop to rest. The goal is to feel at the end of the test that more ground could not have been covered in the 2 minutes." There are different pathways that can be used in the 2MWT. in this study, "Out and Back" pathway was chosen.

Timepoint

At baseline, after two weeks and after four weeks of the intervention

Method of measurement

2**Description**

The speed of walking: The TUG test was used to assess the speed of walking before and after the intervention. Measuring tape, chair with armrest, tape to mark the ground, and stopwatch was used in this test. A 3-meter (or 9 ft, 10 in) walkway was measured by the measuring tape. On one end, a chair was placed facing down the walkway with the front legs as the start point of the 3-meter distance. On the other end, a piece of tape (or cone) was placed to serve as a marker. The patient sat on a chair with their back against the back rest preparing for the test. The patient was instructed as following; "When I say 'go', stand up and walk to the marker in front of you. Turn around once you get to the marker and return to your chair and sit. Make sure that you walk quickly, but safely." the time that was required by the patient to complete the test, was measured. The stopwatch starts by saying, "Go" and stopped once the patient's bottom contacts the chair. Usage of an assistive device was allowed and was documented consistently at each additional assessment. The patient was allowed one practice trial prior to the timed performance. The Clinical Metrics and Instructions Sheet includes updated tables with values for tested populations was printed and laminated and was used as a reference during the test..

Timepoint

At baseline, after two weeks and after four weeks of the intervention

Method of measurement

Time up and Go test (TUG)

3**Description**

Functional activities: The functional activities of the patient were measured using the Amputee Mobility Predictor with Prosthesis Test (AMPPRO) as described by Gailey . The test consists of 42 scores. The test was designed to assess the functional ambulation in patients with lower limb amputation. The AMP can be administered with a prosthesis (AMPPRO) or without a prosthesis (AMPPRE). In this study, the participants used their prosthesis for the test. The AMPPRO takes approximately 15 minutes to apply. AMP Scores have been correlated with the functional Medicare classification system of 0 - 4 . Mean AMP scores for each K level are: K1 0-1 (25), K2 2 (34.6), K3 3 (40.5), K4 4 (44.7). The AMPPRO is reliable and valid for patients with transtibial amputations with excellent interrater and interrater reliability and with intraclass coefficient (ICC) scores ranging from 0.96 to 0.99.

Timepoint

At baseline, after two weeks and after four weeks of the intervention

Method of measurement

Amputee Mobility Predictor with Prosthesis test (AMPPro)

4**Description**

Energy expenditure: The physiological Cost Index (PCI) was used to measure the energy expenditure. PCI is a reliable test to track the changes of metabolic energy expenditure. The test was administered during the 2MWT as follows: 1.The patient sits quietly for 2 minutes until the heart rate reaches a steady state.2. The walking speed was measured in meters per minute. The participants walked on a level surface at their preferred pace. 3.The working heart rate was measured using Polar H7 for measuring heart rate. 4.After finishing the 2MWT, the heart rate was subtracted and divided by walking speed to obtain the PCI in beat/meter (see the equation below). 5.The participants was instructed to avoid taking any tobacco, coffee/tea or a big meal at least 2 h before the PCI-test.

Timepoint

At baseline, after two weeks and after four weeks of the intervention

Method of measurement

Physiological Cost Index test (PCI)

Secondary outcomes

empty

Intervention groups**1****Description**

Experimental group: The patients did home strengthening exercise and gait training exercises to improve their strength, balance, gait pattern, and coordination under the supervision of the first author. After that, the patients played the six games using XBOX Kinect, 3 times per week for 4 weeks.

Category

Rehabilitation

2**Description**

Control group: The patients in the control group received home strengthening exercise for the global muscles (quadriceps, hamstring, hip and core muscles) and gait training exercises only under the supervision of the first author. The protocol was 3 sessions per week for four weeks in total.

Category

Rehabilitation

Recruitment centers**1****Recruitment center****Name of recruitment center**

Sader Al Qanat Physical Rehabilitation Center and Baghdad Physical Rehabilitation Center

Full name of responsible person

Mohammed Abdul Hussein Jabbar Al Sawaedi

Street address

NO.77 south west of New Baghdad

City

New Baghdad

Postal code

100001

Phone

+964 771 109 0342

Email

mohamedphysiotherapy@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Dr Akbar Fotouhi

Street address

Pich-e-Shemiran, Enghlab street, 12 city, Tehran

City

Tehran

Province

Tehran

Postal code

13

Phone

+98 919 457 9285

Email

mohamedphysiotherapy@yahoo.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

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

Tehran University of Medical Sciences

Full name of responsible person

Mohammed Abdul Hussein Jabbar Al Sawaedi

Position

student

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

Street address

NO.77 south west of new Baghdad

City

Baghdad

Province

Baghdad

Postal code

100001

Phone

+964 771 109 0342

Email

mohamedphysiotherapy@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Mohammed Abdul Hussein Jabbar Al Sawaedi

Position

student

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

Street address

NO.77 south west of New Baghdad

City

Baghdad

Province

Baghdad

Postal code

100001

Phone

+964 771 109 0342

Email

mohamedphysiotherapy@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Mohammed Abdul Hussein Jabbar Al Sawaedi

Position

student

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

Street address

NO.77 south west of New Baghdad

City

Baghdad

Province

Baghdad

Postal code

100001

Phone

+964 771 109 0342

Email

mohamedphysiotherapy@yahoo.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

all collected deidentified IPD, IPD collected for the primary outcome measure only

When the data will become available and for how long

starting 6 months after publication

To whom data/document is available

For academic and clinician physiotherapist and those who are working in the field of rehabilitation.

Under which criteria data/document could be used

no specific criteria

From where data/document is obtainable

first author and the journal

What processes are involved for a request to access data/document

email the author, or the journal

Comments

no comments