

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### EFFECTS OF OCULOGYRATION WITH NECK PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION PATTERNS ON TRUNK STABILIZATION AND STANDING BALANCE IN SUBACUTE STROKE

#### Protocol summary

##### Study aim

To study the effects of oculogyration with neck proprioceptive neuromuscular facilitation patterns on trunk stabilization and standing balance in subacute stroke patients.

##### Design

Randomized Clinical Trial, Single Blind

##### Settings and conduct

Allied Hospital Faisalabad, Aziz Fatima Hospital Faisalabad and District Head Quarter (DHQ) Hospital Faisalabad.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria includes patients with first stroke attack, patients with subacute stroke, Post stroke duration three to six months, Age between 40-65 years, Both male and female, patients with unilateral hemiplegia, patients without any visual disorder, Patients without any hearing disorder, patients with greater than fair strength of extensor and flexors muscles of neck, patients with greater than 3 points on functional ambulation classification, Patients with more than twenty-four points on mini mental state examination. Exclusion criteria includes patients with cognitive impairment, patients with half blindness and hemineglect, patients with Oculomotor nerve defect, Patients with any neurological degenerative disease and patient with any musculoskeletal impairment which affect standing balance.

##### Intervention groups

Group A will receive oculogyration (eye movement exercises) with neck proprioceptive neuromuscular facilitation patterns. Group B will receive oculogyration (eye movement exercises).

##### Main outcome variables

Trunk Stabilization Standing Balance

#### General information

##### Reason for update

##### Acronym

PNF (Proprioceptive Neuromuscular Facilitation)

##### IRCT registration information

IRCT registration number: **IRCT20230502058048N1**

Registration date: **2023-08-09, 1402/05/18**

Registration timing: **registered\_while\_recruiting**

Last update: **2023-08-09, 1402/05/18**

Update count: **0**

##### Registration date

2023-08-09, 1402/05/18

##### Registrant information

##### Name

Kainat Idrees

##### Name of organization / entity

The University of Faisalabad

##### Country

Pakistan

##### Phone

+92 41 8750971

##### Email address

2021-ms-pt-068@tuf.edu.pk

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-07-24, 1402/05/02

##### Expected recruitment end date

2023-09-30, 1402/07/08

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

## Trial completion date

empty

## Scientific title

EFFECTS OF OCULOGYRATION WITH NECK  
PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION  
PATTERNS ON TRUNK STABILIZATION AND STANDING  
BALANCE IN SUBACUTE STROKE

## Public title

OCULOGYRATION WITH NECK PROPRIOCEPTIVE  
NEUROMUSCULAR FACILITATION IN STROKE PATIENTS

## Purpose

Treatment

## Inclusion/Exclusion criteria

### Inclusion criteria:

Patients with first ever stroke Patients with subacute  
stroke Age between 40-65 years Both male and female  
Patients with unilateral hemiplegia Patients without any  
visual disorder Patients without any hearing disorder  
Patients with greater than fair strength of extensor and  
flexors muscles of neck Patients with greater than 3  
points on functional ambulation classification Patients  
with more than twenty-four points on mini mental state  
examination

### Exclusion criteria:

Patients with half blindness and hemineglect Patients  
with Oculomotor nerve defect Patients with cognitive  
impairment Patients with any neurological degenerative  
disease Patient with any musculoskeletal impairment  
which affect standing balance

## Age

From **40 years** old to **65 years** old

## Gender

Both

## Phase

3

## Groups that have been masked

- Participant

## Sample size

Target sample size: **22**

## Randomization (investigator's opinion)

Randomized

## Randomization description

Lottery method

## Blinding (investigator's opinion)

Single blinded

## Blinding description

Participant will be keep blind to the treatment plan.

## Placebo

Not used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee of The University of Faisalabad

##### Street address

west canal road, Faisalabad

##### City

Faisalabad

##### Postal code

37610

#### Approval date

2023-03-24, 1402/01/04

#### Ethics committee reference number

TUF/DR/SA/MSPP/2023/245

## Health conditions studied

### 1

#### Description of health condition studied

Stroke

#### ICD-10 code

169.4

#### ICD-10 code description

Stroke, subacute stroke

## Primary outcomes

### 1

#### Description

Trunk Stabilization

#### Timepoint

At baseline, after second week of intervention, after  
fourth week of intervention, after sixth week of  
intervention and after eight week of intervention.

#### Method of measurement

Trunk Impairment Scale

## Secondary outcomes

### 1

#### Description

Standing Balance

#### Timepoint

At baseline, after second week of intervention, after  
fourth week of intervention, after sixth week of  
intervention and after eight week of intervention.

#### Method of measurement

Berg Balance Scale

## Intervention groups

### 1

#### Description

Intervention group:

**Category**

Rehabilitation

marketing@afh.com.pk

**Web page address**<http://www.afh.com.pk/>**Recruitment centers****1****Recruitment center****Name of recruitment center**

Allied Hospital

**Full name of responsible person**

Kainat Idrees

**Street address**Jail Road adjacent to Faisalabad Medical University,  
Near Sargodha Road, Faisalabad**City**

Faisalabad

**Postal code**

38800

**Phone**

+92 41 9210082

**Email**

vcfmuf@gmail.com

**Web page address**<https://pmc.edu.pk/S-Result.aspx>**2****Recruitment center****Name of recruitment center**

District Head Quarter Hospital

**Full name of responsible person**

Kainat Idrees

**Street address**

Mall Road, Faisalabad

**City**

Faisalabad

**Postal code**

38000

**Phone**

+92 41 9200140

**Email**

vcfmuf@gmail.com

**Web page address**<https://pmc.edu.pk/AboutUs.aspx>**3****Recruitment center****Name of recruitment center**

Aziz Fatimah Hospital

**Full name of responsible person**

Kainat Idrees

**Street address**

Gulistan Colony No: 1 Faisalabad

**City**

Faisalabad

**Postal code**

38000

**Phone**

+92 41 8780910

**Email****Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

The University of Faisalabad

**Full name of responsible person**

Kainat Idrees

**Street address**house#116 B, Royal Villas, Lower Canal Road,  
Faisalabad**City**

Faisalabad

**Postal code**

38000

**Phone**

+92 308 3670766

**Email**

kainatidrees066@gmail.com

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

The University of Faisalabad

**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**

The University of Faisalabad

**Full name of responsible person**

Kainat Idrees

**Position**

Student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Physiotherapy

**Street address**

116-B Royal Villas, Lower canal road, Faisalabad

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**Province**

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**Email**  
2021-ms-pt-068@tuf.edu.pk

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
The University of Faisalabad  
**Full name of responsible person**  
Kainat Idrees  
**Position**  
Student  
**Latest degree**  
Bachelor  
**Other areas of specialty/work**  
Physiotherapy  
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**Email**  
2021-ms-pt-068@tuf.edu.pk

## Person responsible for updating data

### Contact

**Name of organization / entity**  
The University of Faisalabad  
**Full name of responsible person**  
Kainat Idrees  
**Position**  
Student  
**Latest degree**  
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**Other areas of specialty/work**  
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**Email**  
2021-ms-pt-068@tuf.edu.pk

## Sharing plan

### Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

### Justification/reason for indecision/not sharing IPD

No further information

### 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

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

### Title and more details about the data/document

Study protocol Statistical analysis plan Informed Consent form Clinical study report

### When the data will become available and for how long

After six months of publication

### To whom data/document is available

To all the researchers and institutes

### Under which criteria data/document could be used

Data will be shared for further clinical research.

### From where data/document is obtainable

Data will be shared through email addresses.

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

After the publication of research article

### Comments