

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

Effect of Foot Reflexology on physiological parameters of stroke patients

Protocol summary

Summary

Stroke is a sudden sense of loss of brain function due to disturbance in part of the brain's blood supply. Signs of reduced blood supply to the brain is the change in physiological parameters. It is necessary to use non-invasive and non-medical ways to sustain physiological parameters. One of these methods is foot reflexology massage. This study is performed to determine the effects of foot reflexology massage on physiological parameters, including temperature, pulse rate, blood pressure, respiration and oxygen saturation in patients with stroke. In this before-after clinical trial, according to census method, 50 patients will be selected with definite diagnosis of stroke, GCS higher than 7 and no hemodynamic disorders and meeting all other inclusion criteria. In this study, foot reflexology massage will be performed during 3 times a week for 6 consecutive weeks on all of the samples. Physiological parameters were controlled in the patients, 10 minutes before of foot reflexology massage, and immediately, 10 and 30 minutes after the intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201112248499N1**
Registration date: **2012-02-16, 1390/11/27**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2012-02-16, 1390/11/27

Registrant information

Name

Atefeh Dehnoalian

Name of organization / entity

Gonabad University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 53 3722 3028

Email address

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Recruitment status

Recruitment complete

Funding source

Research deputy, Gonabad Medical University

Expected recruitment start date

2012-01-21, 1390/11/01

Expected recruitment end date

2012-04-20, 1391/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Foot Reflexology on physiological parameters of stroke patients

Public title

Effect of Foot Reflexology on stroke patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion Criteria: a definite diagnosis of stroke; GCS higher than 7; are not suffering from vascular disorders, arrhythmias, lower limb amputation; do not suffer from ulcers, infections and skin disease in legs; presence of the heart rate over 60 beats per minute and systolic blood pressure above 90 mmHg and temperatures of 36.5 °C, to be satisfied with the intervention Exclusion criteria: sensitivity to foot massage, any impairment of physiological parameters during the intervention

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 50

Randomization (investigator's opinion)

N/A

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Gonabad University of Medical Sciences

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Gonabad University of Medical Sciences, Next to the Asian Road, Gonabad, Khorasan Razavi

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Approval date

2011-12-10, 1390/09/19

Ethics committee reference number

90/7/3

Health conditions studied**1****Description of health condition studied**

stroke- physiologic parameter

ICD-10 code

I64

ICD-10 code description

Stroke, not specified as haemorrhage or infarction

Primary outcomes**1****Description**

physiologic parameter

Timepoint

pre and post (reflexology)

Method of measurement

sphangomanometer- thermometer- oximeter pulse

Secondary outcomes

empty

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

Massage is done in the toe area for 15 minutes for each leg. Physiological parameters will be controlled 10 minutes before the massage, right after and 10 and 30 minutes after the massage.

Category

Treatment - Other

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

Gonabad University of Medical Sciences

Full name of responsible person

Dehnoalian Atefeh

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

Research Deputy, Gonabad University of Medical Sciences

Full name of responsible person

Ali Ekrami

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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

Research Deputy, Gonabad 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**

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Full name of responsible person

Dehnoalian Atefeh

Position

MSc.Student in Medical Surgical Nursing

Other areas of specialty/work**Street address**

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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