

# 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

dehnoalian.a@gmu.ac.ir

##### 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

**Street address**

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

**City**

Gonabad

**Postal code**

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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

**Street address**

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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

**Street address**

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

**City**

Gonabad

**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**

Gonabad University of Medical Sciences

**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*