Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The Effect of Tai Chi exercises on postural stability and control in old people with knee osteoarthritis

Protocol summary

Summary

The aim of this study is to determine the effect of Tai Chi exercises on postural stability and control in old patients with knee osteoarthritis. Patients with knee osteoarthritis (Kellgren-lawrence≥2); with age higher than 60 years old and with BMI less than 40 kg/m² included in study. 14 females and 6 males with knee osteoarthritis voluntarily participate in this study. These voluntaries are trained with Tai Chi twice a week for 8 weeks.Each session last 60 minutes. Areas and Mean velocities are measured by Force plate in standing position before and after Tai Chi.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201206191722N8**
Registration date: **2013-09-12, 1392/06/21**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2013-09-12, 1392/06/21

Registrant information

Name
Samira Karimpour
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 21 7753 3939
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hadianrs@sina.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences- Vice Chancellor for Education

Expected recruitment start date

2013-07-18, 1392/04/27

Expected recruitment end date

2013-12-17, 1392/09/26

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Tai Chi exercises on postural stability and control in old people with knee osteoarthritis

Public title

The Effect of Tai Chi on balance in old people with knee osteoarthritis

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria:age above 60 years old; with BMI less than 40 kg/m²;with knee osteoarthritis; Kellgren-lawrence≥2 ; VAS 3-4; Mini-Mental Examination>24; Berg>41; WOMAC<60; with ability to stand independently for higher than one minute on feet to achieve parameters of force plate. Exclusion criteria: with history of seizure, dizziness, diabetes, Parkinson disease and other diseases that can cause disturbance in balance; with history of Tai Chi or other exercises like yoga; with history of intra- joint steroid injection for the past 6 months; with past history of knee surgery or fracture of knee; treatment with physiotherapy in time of study ;with past history of heart disease; with anxiety questioner(Beck)>12.

Age

From **60 years** old to **78 years** old

Gender

Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **20**
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
Ethical committee of Tehran University of Medical sciences
Street address
Floor 6-TUMS central Bulding-Gods St.Keshavarz Bouevard
City
Tehran
Postal code
Approval date
2013-07-17, 1392/04/26
Ethics committee reference number
130/714/92/د

Health conditions studied

1

Description of health condition studied
Knee osteoarthritis
ICD-10 code
M17.1
ICD-10 code description
Primary gonarthrosis(arthrosis of knee): NOS

Primary outcomes

1

Description
Areas and Mean velocity
Timepoint
before and after intervention
Method of measurement
Force plate

Secondary outcomes

1

Description
postural stability and control
Timepoint
before and after intervention
Method of measurement
Force plate

Intervention groups

1

Description
60 minutes Tai Chi sessions (twice a week for 8 weeks).
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Yas rehabilitation center
Full name of responsible person
Elham Ghandali
Street address
sattarkhan,Bargh alestom,nirogah bargh
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
postgraduate Studied and Research Program, Tehran University of Medical Sciences
Full name of responsible person
Dr. Mohammad Jalili
Street address
The Seventh Floor- Main Building Tehran University of Medical Sciences-Ghods Str-Keshavarz Boulevard
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
postgraduate Studied and Research Program, Tehran 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

Rehabilitation faculty, Tehran University of Medical Sciences

Full name of responsible person

Elham ghandali

Position

Msc student

Other areas of specialty/work

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Person responsible for scientific inquiries

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Full name of responsible person

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Professor, Faculty of Rehabilitation, TUMS

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Person responsible for updating data

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Web page address

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