Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effect of trunk Core stability exercises on improving balance

Protocol summary

Summary

The aim of this study is to investigate the effect of exercise on improving static balance, dynamic, and balance function in patients with acute ischemic stroke under. The study is a randomized controlled trial. 40 patients with acute ischemic stroke were randomly divided into 2 groups of 20 persons (experimental group received conventional therapy plus trunk strengthening exercises core stability, and the control group received conventional physical therapy). Demographic and clinical groups (balance sheet, test Tinetti, balance assessment tests Brunel) were collected and measured before and after the intervention. Group exercise will be carried out for 6 weeks and 3 times a week for 60 minutes. Conventional physical therapy program, patients will be included (static balance exercises, dynamic and functional, tons of training, stretching, range of motion exercises for the hemiparesis, and walk in Yarall, and movements related Hdfhmnd. In addition to conventional physical therapy patients in the experimental group, they did Stabilization training of the trunk muscles by 20 minutes per session.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016082019135N3**
Registration date: **2016-08-30, 1395/06/09**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-08-30, 1395/06/09

Registrant information

Name

Ali Ghanjal

Name of organization / entity

Baqiyatallah University

Country

Iran (Islamic Republic of)

Phone

+98 88057022

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Recruitment status

Recruitment complete

Funding source

Baqiyatallah University of Medical Sciences

Expected recruitment start date

2013-06-22, 1392/04/01

Expected recruitment end date

2015-09-06, 1394/06/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of trunk Core stability exercises on improving balance

Public title

The effect of trunk Core stability exercises on improving balance in patients with subacute ischemic stroke.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: acute ischemic stroke, unable to keep his balance standing and sitting for more than 5 seconds; having age between 65 to 80 years, selected about a month of getting them for the first time have suffered a stroke. Exclusion criteria: the inability to score more than three (pre-stroke), an orthopedic or neurological disorders affecting the balance in sitting or standing; the level of mini mental statement less than 24 points, having apraxia; hemineglect.

Age
From **64 years** old to **79 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **40**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Single blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
There is no Profile

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Baqiyatallah University of Medical Sciences
Street address
Mollasadra street
City
Tehran
Postal code
Approval date
2013-05-31, 1392/03/10
Ethics committee reference number
1724

Health conditions studied

1

Description of health condition studied
Stroke
ICD-10 code
G46
ICD-10 code description
g46.0 Middle cerebral artery syndrome.

Primary outcomes

1

Description
Gait study
Timepoint
Before and after the study
Method of measurement
Berg Balance Scale

Secondary outcomes

1

Description
Assessment of functional balance
Timepoint
Before and after the study
Method of measurement
Brunel Balance Assessment Test

Intervention groups

1

Description
experimental group will be made in addition to conventional physical therapy program, core stabilization exercises trunk to 20 minutes per session.The exercises will be carried out 3 times a week for 6 weeks (18 sessions), each time for 60 minutes.
Category
Rehabilitation

2

Description
The control group will carry out conventional physiotherapy. The exercises will be carried out 3 times a week for 6 weeks (18 sessions), each time for 60 minutes.
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Trauma Research Center
Full name of responsible person
Ali Ghanjal
Street address
Baqiyatallah Hospital
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Baqiyatallah University of Medical Sciences
Full name of responsible person

Ali Ghanjal
Street address
Mollasadra street
City
Tehran
Grant name
پژوهشی
Grant code / Reference number
1724
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Baqiyatallah 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
Baqiyatallah University of Medical Sciences
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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