

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The evaluation and comparison of modified and routine warm up on knee joint function and dynamic balance in athletes

#### Protocol summary

##### Summary

Objectives: The effects of modified and routine warm up on the knee joint function and dynamic balance in athletes Design: Interventional Setting: 20 participants participate in study in 2 separate sessions with an interval of at least 48 hours to eliminate interference. Modified and routine warm up is performed in separate sessions. Participants including major eligibility criteria: Major inclusion criteria: Having regular exercise in different sports physical activity in the form of jumping, running and fast moving changing direction like basketball, football, volleyball and tennis at least 3 times a week for 45 min duration in past year. Major exclusion criteria: Low back and lower extremity injury; Neuromuscular disorders; Balance disorders; Musculoskeletal problems that stop exercising for more than 48 hours. Intervention: Modified and Routine warm up Main outcome variables: Knee joint function with 4 single leg hop test; Dynamic balance with star excursion balance test (SEBT)

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014120420204N1**

Registration date: **2015-02-10, 1393/11/21**

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

Last update:

Update count: **0**

##### Registration date

2015-02-10, 1393/11/21

##### Registrant information

###### Name

Elham Hamule

###### Name of organization / entity

Shiraz university of medical science

###### Country

Iran (Islamic Republic of)

###### Phone

+98 71 3235 2559

###### Email address

hamoule@sums.ac.ir

###### Recruitment status

**Recruitment complete**

###### Funding source

Vice chancellor for research, Shiraz university of medical science

###### Expected recruitment start date

2015-01-21, 1393/11/01

###### Expected recruitment end date

2015-04-19, 1394/01/30

###### Actual recruitment start date

empty

###### Actual recruitment end date

empty

###### Trial completion date

empty

###### Scientific title

The evaluation and comparison of modified and routine warm up on knee joint function and dynamic balance in athletes

###### Public title

The effect of modified warm up on balance and knee joint function in athletes

###### Purpose

Prevention

###### Inclusion/Exclusion criteria

Major inclusion criteria: Having regular exercise in different sports physical activity in the form of jumping, running and fast moving changing direction like basketball, football, volleyball and tennis at least 3 times a week for 45 min duration in past year. Major exclusion criteria: Low back and lower extremity injury;

Neuromuscular disorders; Balance disorders;  
Musculoskeletal problems that stop exercising for more  
than 48 hours.

#### **Age**

From **18 years** old to **30 years** old

#### **Gender**

Both

#### **Phase**

2-3

#### **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**

Shiraz university of medical science ethical committee

##### **Street address**

Shiraz university of medical science, across the  
Felestin street, Zand street, Shiraz

##### **City**

Shiraz

##### **Postal code**

#### **Approval date**

2014-11-10, 1393/08/19

#### **Ethics committee reference number**

CT-9371-7181

### **Health conditions studied**

#### 1

#### **Description of health condition studied**

Healthy

#### **ICD-10 code**

#### **ICD-10 code description**

### **Primary outcomes**

#### 1

#### **Description**

Knee joint function

#### **Timepoint**

Before and after intervention

#### **Method of measurement**

4 single leg hop test in CM

#### 2

#### **Description**

Dynamic balance

#### **Timepoint**

Before and after intervention

#### **Method of measurement**

Star Excursion Balance Test in CM

### **Secondary outcomes**

empty

### **Intervention groups**

#### 1

#### **Description**

Modified warm up

#### **Category**

Prevention

#### 2

#### **Description**

Routine warm up

#### **Category**

Prevention

### **Recruitment centers**

#### 1

#### **Recruitment center**

##### **Name of recruitment center**

Ghadir sport saloon

##### **Full name of responsible person**

Elham Hamoule

##### **Street address**

Abiverdi 1 street, chamran BLV, Shiraz

##### **City**

Shiraz

#### 2

#### **Recruitment center**

##### **Name of recruitment center**

Hejab sport club

##### **Full name of responsible person**

Elham Hamoule

##### **Street address**

Hejab street, shiraz

##### **City**

Shiraz

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**

Vice chancellor for research, Shiraz university of medical science

**Full name of responsible person**

Dr Basir Hashemi

**Street address**

Vice chancellor for research office, 7th floor, Shiraz university of medical science, across Flesteen street, Zand street

**City**

Shiraz

**Grant name**

**Grant code / Reference number**

**Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Vice chancellor for research, Shiraz university of medical science

**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**

Shiraz university of medical science

**Full name of responsible person**

Elham Hamoule

**Position**

Physiotherapist

**Other areas of specialty/work**

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Rehabilitation faculty, Abiverdi 1 street, Shiraz

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## Person responsible for scientific

## inquiries

### Contact

**Name of organization / entity**

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**Full name of responsible person**

Dr Mohsen Razeghi

**Position**

PhD of Physiotherapy

**Other areas of specialty/work**

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## Person responsible for updating data

### Contact

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**Position**

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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*