Clinical Trial Protocol
Iranian Registry of Clinical Trials

28 Oct 2026

The effect of neuromuscular training of intact knee on static& dynamic balance and performance of injured knee after ACLreconstruction.

Protocol summary

Summary

The aim of this study is to asses the effect of neuromuscular training of intact knee on static& dynamic balance and performance of injured knee after ACL reconstructionin the present cilinical trial study , we recruite 30 patient undergoing ACL reconstruction (allograft) from chamran hospitaland allocated them randomly to the experimental or control group are randomly divided to the intervention and control group .inclusion criteria: patient with unilateral anterior cruciate ligament injury that have undergone ACL reconstruction and exclusion criteria:vestibular system disorder, orthopeadic-Rheumatologic-neurologic disorder in other joint in both extrimity, history of previous surgery in lower extrimity,lower extremity discrepancy. intervention group receive the usual rehabilitation protocol for two hours daily, 4 days per week for eight weeks and also receive intact neuromuscular training for thirty minutes daily, 4 days per week for eight week . function, static and dynamic balance is assessed by lysholm Questionnaire,Balance error scoring system,Stork stand test before surgery and eight weeks after surgery.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015032821553N1**
Registration date: **2015-04-10, 1394/01/21**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2015-04-10, 1394/01/21

Registrant information

Name

Motahareh Karimi Jashni

Name of organization / entity

Shiraz University of Medical Sciences

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2015-04-09, 1394/01/20

Expected recruitment end date

2015-08-11, 1394/05/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of neuromuscular training of intact knee on static& dynamic balance and performance of injured knee after ACLreconstruction.

Public title

the effect of training of intact knee on improvement of function of reconstructed knee.

Purpose

Treatment

Inclusion/Exclusion criteria

inclusion criteria: patient with unilateral anterior cruciate ligament injury that have undergone ACL reconstruction. exclusion criteria:vestibular system disorder; orthopeadic-Rheumatologic-neurologic disorder in other joint in both extrimity; history of previous surgery in

lower extrimity;lower extremity discrepancy

Age
From **18 years** old to **45 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Shiraz University of Medical Sciences, Rehabilitation School

Street address
Shiraz School of Rehabilitation, First Abiverdi Ave, Chamran Boulevard

City
shiraz

Postal code

Approval date
2014-08-26, 1393/06/04

Ethics committee reference number
ct-9373-7143

Health conditions studied

1

Description of health condition studied
Patients with anterior cruciate ligament reconstruction

ICD-10 code
S83.5

ICD-10 code description
Sprain and strain involving (anterior)(posterior) cruciate ligament of knee

Primary outcomes

1

Description
performance

Timepoint
before intervention, eight weeks after intervention

Method of measurement
lysholm Questionnaire

2

Description
static balance

Timepoint
before intervention, eight weeks after intervention

Method of measurement
Balance error scoring system,Stork stand test

3

Description
dynamic balance

Timepoint
before intervention, eight weeks after intervention

Method of measurement
star excrusion test

Secondary outcomes

1

Description
pain

Timepoint
before intervention and eight week after intervention

Method of measurement
Pain Numeric Rating Scale

Intervention groups

1

Description
control group receive the usual rehabilitation protocol for two hours daily, 4 days per week for eight weeks.

Category
Rehabilitation

2

Description
intervention group receive the usual rehabilitation protocol for two hours daily, 4 days per week for eight weeks and also receive intact neuromuscular training for thirty minutes daily, 4 days per week for eight week.

Category
Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Chamran Physiotherapy Center, Shiraz Chamran Hospital

Full name of responsible person
Motahareh Karimi Jashni

Street address
Chamran Physiotherapy Center, Chamran Hospital, Chamran Boulevard, Shiraz

City
Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shiraz University of Medical Sciences

Full name of responsible person
Dr. Mohammad Ali Sahmeddini

Street address
Vice-Chancellery of Research, Shiraz University of Medical Sciences, Zand Ave

City
Shiraz

Grant name

Grant code / Reference number

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

Title of funding source
Shiraz 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
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Position
master student of sport physiotherapy

Other areas of specialty/work

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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