

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of upper extremity exercise on the outcomes of myocardial infarction

Protocol summary

Summary

Objective: The effect of upper limb exercise on outcomes of myocardial infarction patient's at Velayat medical center. Main inclusion criteria: Age of 45-65, Diagnosis of myocardial infarction according to the cardiologist, 14 to 21 days from the time of discharging, Ejection Fraction of left ventricular >30% according to Echo in the file, Unsuccessful primary PTCA, Type of Uncomplicated cardiac infarction except for a extensive myocardial infarction, Ability to exercise according to the cardiologist. Main exclusion criteria: Suffering of disease of moderate to severe cardiac valve, Uncontrolled Tachycardia of ventricular and auricular, Angina pectoris or typical chest pain while doing the exercise, BP Systolic >140 before exercise, BP Diastolic >90 before exercise, BP Systolic < 100 before exercise, BP Diastolic < 60 before exercise, Myocarditis or Pericarditis, Thrombophlebitis, Moderate to Severe COPD according of cardiologist, Severe Kidney failure or severe disease according of cardiologist, Anemia (Hb <10), Extensive myocardial infarction, Successful primary PCI, Musculoskeletal problems. Participants: Sum of 54 patients with myocardial infarction admitted to CCU and the internal part of the heart selected by random sampling method and will be divided into two groups: Control and intervention. Interventions: In the control group, routine care was performed in all the centers and the quality of life questionnaire was initially admitted and after six weeks, and the referral to the physician was completed after six weeks from the date of infection. In the intervention group, in addition to routine care, upper limb exercise will be performed twice a week for six weeks and 40 minutes every 9 to 10 hours, the intervention will be 5 minutes Warm up and 30 minutes of upper limb exercise and 5 minutes Cooling will be done at the end of the session. Each session of vital signs was recorded before and after the intervention, and the quality of life questionnaire was completed in the first and last session, and the check list of readmission and

referral to the physician were completed in the last session.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017100936674N1**

Registration date: **2017-11-16, 1396/08/25**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-11-16, 1396/08/25

Registrant information

Name

Maryam Joodaki

Name of organization / entity

Qazvin University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 28 3333 6001

Email address

m.joodaki@qums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-05-22, 1396/03/01

Expected recruitment end date

2017-10-22, 1396/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of upper extremity exercise on the outcomes of myocardial infarction

Public title

Effect of upper limb exercise on the outcomes of patients with myocardial infarction

Purpose

Supportive

Inclusion/Exclusion criteria

Entry criteria: Age of 45-65, Diagnosis of myocardial infarction according to the cardiologist, 14 to 21 days from the time of discharging, Ejection Fraction of left ventricular >30% according of Echo in the file, Unsuccessful primary PTCA, Type of Uncomplicated cardiac infarction except for a extensive myocardial infarction, Ability to exercise according to the cardiologist. Exit criteria: Suffering of disease of moderate to severe cardiac valve, Uncontrolled Tachycardia of ventricular and auricular, Angina pectoris or typical chest pain while doing the exercise, BP Systolic >140 before exercise, BP Diastolic >90 before exercise, BP Systolic < 100 before exercise, BP diastolic < 60 before exercise, Myocarditis or Pericarditis, Thrombophlebitis, Moderate to Severe COPD according of cardiologist, Severe Kidney failure or severe disease according of cardiologist, Anemia (Hb <10), Extensive myocardial infarction, Successful primary PCI, Musculoskeletal problems

Age

From **45 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **54**

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**

Ethics Committee of Qazvin University of Medical Sciences

Street address

Qazvin University of Medical Sciences; Shahid Bahonar Boulevard;

City

Qazvin

Postal code

3419759811

Approval date

2017-05-13, 1396/02/23

Ethics committee reference number

IR.QUMS.REC.1396.110

Health conditions studied**1****Description of health condition studied**

Myocardial Infarction

ICD-10 code

I21

ICD-10 code description

Acute myocardial infarction

Primary outcomes**1****Description**

Quality of life

Timepoint

Before and after intervention

Method of measurement

Questionnaire

2**Description**

Readmission

Timepoint

After the intervention

Method of measurement

check list

3**Description**

Refer to doctor

Timepoint

After the intervention

Method of measurement

check list

Secondary outcomes

empty

Intervention groups

1

Description

present study is a semi-tentative research in form of clinical trial and random assignation of participants into two groups Case and Control. In this study, in addition to routine care, upper limb exercise will be performed twice a week for six weeks and 40 minutes each session. The intervention is 5 minutes warm up, then 30 minutes of upper limb exercise and 5 minutes cooling. Selected patients will do twice a week every 9-10 in the morning, for six weeks. Before and after the intervention, vital signs were recorded and the quality of life questionnaire was completed before intervention and at the end of the intervention, a check list for referral to the physician and readmission at the end of the intervention were completed.

Category

Rehabilitation

2

Description

Control group: In this study, the control group received the usual care, and also recorded vital signs, completing the quality of life questionnaire, and a check list for readmission and referral to the physician.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Velayat hospital

Full name of responsible person

Maryam Joodaki Master student of intensive care nursing

Street address

Qazvin- minoodar- Elaheye- 22 bahman- Velayat hospital

City

Qazvin

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Maryam Joodaki

Full name of responsible person

Maryam Joodaki

Street address

Plaque 13; Second Street; Shaghayegh Street; Iranpars Highway; Janat Abad Shomali; Tehran

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Maryam Joodaki

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

Qazvin University of Medical Sciences

Full name of responsible person

Maryam joodaki

Position

Master student of intensive care nursing

Other areas of specialty/work

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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