

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effects of aquatic exercises in shallow and deep water on balance, proprioception, muscle strength and quality of life in chronic Ischemic stroke male patients

Protocol summary

Study aim

Determining the effect of aquatic exercises at two different depths on balance, proprioception, muscle strength and quality of life in male patients with chronic ischemic stroke

Design

This clinical trial study with pretest and posttest design was performed on 36 patients with chronic ischemic stroke by available sampling method and classified into 3 groups equal 12: experimental group1 (shallow practice); experimental group 2 (deep training) and control group

Settings and conduct

Examination in the hospital and the protocol for water therapy in the pool. In general, the stages of this research include: 1. Preparing the subjects along with examining the criteria for entering and preparing the data collection tool: General information, general health and TGE, MMSE, SF36, MRC, NIHSS, MRS.

Participants/Inclusion and exclusion criteria

A score of 23 and above is from the Mini Mental State Exam score of 21 to 44 from the berg balance scale the TUG test time of less than 13 seconds

Intervention groups

groups did the aquatic exercise therapy program that included of 18 sessions in 6 weeks and 3 sessions per week for 30 minutes. But the control group did not experience any aquatic exercise

Main outcome variables

balance, proprioception, muscle strength and quality of life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180513039626N1**

Registration date: **2018-06-30, 1397/04/09**

Registration timing: **retrospective**

Last update: **2018-06-30, 1397/04/09**

Update count: **0**

Registration date

2018-06-30, 1397/04/09

Registrant information

Name

Hossein Babaeipour

Name of organization / entity

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Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-02-20, 1396/12/01

Expected recruitment end date

2018-04-04, 1397/01/15

Actual recruitment start date

2018-03-16, 1396/12/25

Actual recruitment end date

2018-05-05, 1397/02/15

Trial completion date

empty

Scientific title

The effects of aquatic exercises in shallow and deep water on balance, proprioception, muscle strength and quality of life in chronic Ischemic stroke male patients

Public title

"The effect of Hydrotherapy in patients with stroke"

Purpose

Prevention

Inclusion/Exclusion criteria**Inclusion criteria:**

Patients with cerebral stroke and chronic, ischemic stroke desire to participate in the research 40 to 70 years the first stroke Patients have at least 6 months from the onset of the disease and have a maximum of 2 years have the ability to stand without help (at least 5 minutes) all subjects must be able to walk with or without the aid (at least 10 meters) To have the ability to follow orders not participating in regular physical activity and not having a physical therapy program during the study

Exclusion criteria:

Having a disrupted dizziness Having a certain diseases

Age

From **40 years** old to **70 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Not randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Rafsanjan University of Medical Sciences

Street address

دانشگاه علوم پزشکی رفسنجان، میدان علی ابن ابی طالب

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Postal code

7717933777

Approval date

2018-03-15, 1396/12/24

Ethics committee reference number

IR.RUMS.REC.1396.207

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

stroke

ICD-10 code

I63.9

ICD-10 code description

Cerebral infarction, unspecified

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

Balance

Timepoint

6 weeks

Method of measurement

Biodex

2**Description**

proprioception

Timepoint

6 weak

Method of measurement

gonimetr

3**Description**

muscular strength

Timepoint

6 weak

Method of measurement

MRC scale

4**Description**

quality of life

Timepoint

6 weak

Method of measurement

SF-36

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: The first group (shallow) intervenes in depth, with water up to the height of the pelvis, the

subjects performed this training session for 6 weeks (18 sessions) and 3 sessions per week for the implementation of the water exercise protocol.

Category

Rehabilitation

2**Description**

Intervention group: The second group of interventions (deep) takes place deep in the water to the height of the chest, the subjects performed this training session for 6 weeks (18 sessions) and 3 sessions per week for the implementation of the water exercise protocol.

Category

Rehabilitation

3**Description**

Control group: (Without exercise) that the group did not experience any blueprints that had their normal routine during these six weeks.

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

بیمارستان علی ابن ابی طالب رفسنجان

Full name of responsible person

hossein babaei pour

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Rafsanjan University of Medical Sciences

Full name of responsible person

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Rafsanjan University of Medical Sciences

Proportion provided by this source

50

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Academic

Person responsible for general inquiries**Contact****Name of organization / entity**

The University Shahid Bahonar of Kerman and Faculty of Valiasr University Rafsanjan

Full name of responsible person

Hossein Babaeipour

Position

Phd student

Latest degree

Master

Other areas of specialty/work

Sport Injuries and Corrective Exercises

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Full name of responsible person

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document

Physical and mental dimension of the patient

When the data will become available and for how long

After defending the thesis

To whom data/document is available

All researchers in this area

Under which criteria data/document could be used

After defending the thesis

From where data/document is obtainable

hossinbabaei1906@yahoo.com

What processes are involved for a request to access data/document

Every time you order

Comments