

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Aug 2026

The effect of eight weeks comprehensive corrective exercises on selected parameters of lower extremity kinematics in men with dynamic knee valgus

Protocol summary

Study aim

The purpose of this study is investigation the effect of 8 weeks comprehensive corrective exercise of lower extremity kinematics in 18-28 years old men with dynamic knee valgus

Design

Single-blind randomized controlled trial

Settings and conduct

A single-blind randomized, controlled trial comparing 3 times per week group exercise intervention with a control group.

Participants/Inclusion and exclusion criteria

Have dynamic knee valguse; no history of regular exercise in last 6 months; no history of championship in any sport field; have any visible malalignment in the spine and upper extremity; failure to complete of training protocols; have a body weight outside the normal range

Intervention groups

The intervention group includes those with the dynamic knee valgus who receive the intervention of a comprehensive corrective exercise program. The control group also includes people with dynamic knee valgus who do not receive any training intervention and follow their daily activities.

Main outcome variables

Selected lower extremity kinematics factors

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180821040843N1**

Registration date: **2018-12-30, 1397/10/09**

Registration timing: **registered_while_recruiting**

Last update: **2018-12-30, 1397/10/09**

Update count: **0**

Registration date

2018-12-30, 1397/10/09

Registrant information

Name

Esmail Mozafaripour

Name of organization / entity

The university of Tehran

Country

Iran (Islamic Republic of)

Phone

+98 21 8835 1730

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-11-22, 1397/09/01

Expected recruitment end date

2019-02-20, 1397/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of eight weeks comprehensive corrective exercises on selected parameters of lower extremity kinematics in men with dynamic knee valgus

Public title

The effect of comprehensive corrective exercises on dynamic knee valgus

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:
Have dynamic knee valgus Without history of regular exercise in last 6 month Without history of championship in any sport fields

Exclusion criteria:
Don't complete the corrective exercise program Have lack of interest in continuing the research program Have any visible malalignment in the upper extremities Have pathological signs Have a history of fracture, surgery, or joint diseases in the lower extremity Have a body weight outside the normal range

Age
From **18 years** old to **28 years** old

Gender
Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **24**

Randomization (investigator's opinion)
Randomized

Randomization description
In order to randomly assign the subjects to the intervention and control groups, one number was considered for each subject. The numbers were randomly assigned to two groups using a random number table. To conceal numbers in each group, they were written on paper, and each one was kept in a numbered sealed, opaque envelope.

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

Ethics committee of Tehran University

Street address

Faculty of Physical Education and Sport Sciences,
between 15th and 16th St., North Kargar st., Tehran,
Islamic Republic

City

Tehran

Province

Tehran

Postal code

1417614418

Approval date

2017-07-24, 1396/05/02

Ethics committee reference number

IR.ut.Rec.1395024

Health conditions studied

1

Description of health condition studied

Dynamic knee valgus

ICD-10 code

M21.9

ICD-10 code description

Unspecified acquired deformity of limb and hand

Primary outcomes

1

Description

Lower extremity kinematics

Timepoint

Before intervention, 8 weeks after starting the intervention

Method of measurement

Motion analyse device

2

Description

Quality of one leg squat performance

Timepoint

Before intervention, 8 weeks after starting the intervention

Method of measurement

Questioner

Secondary outcomes

1

Description

quality of squat performance

Timepoint

pre test and post test

Method of measurement

quality of squat performance measurement questioner

Intervention groups

1

Description

Intervention group: The intervention group will receive comprehensive corrective exercises under supervision and 3 sessions a week. The duration of the intervention period is 8 weeks.

Category

Prevention

2

Description

Control group: There is no intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

University of Tehran

Full name of responsible person

Esmail mozafaripour

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Affairs of Tehran university

Full name of responsible person

Mohammad Rahimian

Street address

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Web page address

Grant name

Research Affairs of Tehran university

Grant code / Reference number

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

Yes

Title of funding source

Research Affairs of Tehran university

Proportion provided by this source

100

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

University of Tehran

Full name of responsible person

Esmail mozafaripour

Position

Student

Latest degree

Master

Other areas of specialty/work

corrective exercise

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Person responsible for updating data

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Latest degree

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Other areas of specialty/work

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Email

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be 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

Undecided - It is not yet known if there will be 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

Not applicable

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