

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Effectiveness of routine physical therapy with and without motor relearning program on balance and upright mobility in sub-acute stroke patients.

Protocol summary

Study aim

To determine the effectiveness of routine physical therapy with and without motor relearning program on balance and upright mobility in subacute stroke patients.

Design

Single blinded Randomized controlled clinical trial

Settings and conduct

Shaikh Zayed Hospital, Lahore

Participants/Inclusion and exclusion criteria

Inclusion criteria: sub-acute stroke patients diagnosed by neuro physician; Age between 20-50 years; Both male and female; The first time stroke; being able to follow simple instructions; being able to rise from a chair without or with assistive devices. Non-inclusion criteria: having other neurological disorders; suffering from moderate to severe spasticity; having a musculoskeletal disorder of lower limbs; Presence of an unstable medical condition such as severe hypertension, convulsion and complete sensory loss of an upper limb.

Intervention groups

Intervention group: receiving routine physical therapy along with motor relearning training in sit to stand component. Sit to stand training consists of 100 repetition (10 sets of 10 repetition each), 5 days a week for four weeks. Control group: will receive the routine physical therapy treatment that will include stretching exercises, strengthening the lower and upper extremities balance training, and gait training 5 days a week for 4 weeks.

Main outcome variables

Berg Balance Scale; Time Up & Go Test

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200218046539N1**

Registration date: **2020-03-15, 1398/12/25**

Registration timing: **registered_while_recruiting**

Last update: **2020-03-15, 1398/12/25**

Update count: **0**

Registration date

2020-03-15, 1398/12/25

Registrant information

Name

Afsheen Jawwad

Name of organization / entity

University of Lahore

Country

Pakistan

Phone

+92 42 35957538

Email address

afsheen.jawwad@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-11-13, 1398/08/22

Expected recruitment end date

2020-08-13, 1399/05/23

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of routine physical therapy with and without motor relearning program on balance and

upright mobility in sub-acute stroke patients.

Public title

Effectiveness of motor relearning program on balance and upright mobility in sub-acute stroke patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Diagnosed sub-acute stroke patients by neuro physician
Age between 20-50 years Both male and female patients
Patients must have been diagnosed as having suffered a first stroke Patients had to be able to follow simple instructions Participant should be able to rise from chair without or with using assistive devices such as cane, walker or crutches

Exclusion criteria:

Patient having other neurological disorders Patients suffering from moderate to severe spasticity Patients having musculoskeletal disorders of lower limbs Patient of an unstable medical condition such as severe hypertension, convulsion and complete sensory loss of an upper limb

Age

From **20 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **68**

Randomization (investigator's opinion)

Randomized

Randomization description

Patients fulfilling the inclusion criteria will be randomly divided into two groups by using the lottery method.

Blinding (investigator's opinion)

Single blinded

Blinding description

The study will be single-blinded. The patients will be unaware of the treatment given to each group. Patients will not know about the treatment and group allocation and it will be achieved by random numbers.

Placebo

Not used

Assignment

Other

Other design features

No

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Institutional Review Board

Street address

Main Campus, University of Lahore, Lahore

City

Lahore

Postal code

54000

Approval date

2019-11-13, 1398/08/22

Ethics committee reference number

IRB/SZMC/EXTRERNAL/179/19

Health conditions studied

1

Description of health condition studied

Stroke

ICD-10 code

164

ICD-10 code description

Stroke, not specified as hemorrhage or infarction

Primary outcomes

1

Description

Berg Balance Scale

Timepoint

Before intervention and at 4 weeks of intervention and at 8 weeks of intervention.

Method of measurement

Scoring

Secondary outcomes

1

Description

Time Up and Go Test score

Timepoint

Before and after 4 weeks of intervention and at 8th week of intervention

Method of measurement

Time Up and Go Test

Intervention groups

1

Description

Intervention group: will receive routine physical therapy along with motor relearning training in sit to stand component by placing paralytic foot behind the unaffected foot, while moving knees forward on chair and keeping trunk in flexion. Sit to stand training consists of 100 repetition (10 sets of 10 repetition each) for 5 days a week for duration of four weeks . Data will be collected on selected questionnaire to access

patient's improvements.

Category

Treatment - Other

2

Description

Control group: will receive the routine physical therapy treatment that will include stretching exercises, strengthening the lower and upper extremities balance training, and gait training 5 days a week for 4 weeks.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Neurology Department, Shaikh Zayed Hospital and Federal Postgraduate Medical Institute, Lahore

Full name of responsible person

Dr. Afsheen Naz

Street address

Shaikh Zayed Medical Complex, University Avenue, Block D Muslim Town, Lahore, Punjab

City

Lahore

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Phone

+92 42 35865731

Email

afsheen.jawwad@yahoo.com

Web page address

<https://www.szmc.org.pk>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Lahore

Full name of responsible person

Dr. Afsheen Naz

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University of Lahore, Main Campus, Lahore

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+92 42 99200600

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afsheen.jawwad@yahoo.com

Web page address

<https://www.uol.edu.pk>

Grant name

N/A

Grant code / Reference number

N/A

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

No

Title of funding source

University of Lahore, main campus

Proportion provided by this source

100

Public or private sector

Private

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

Faisal Hospital Lahore

Full name of responsible person

Dr. Afsheen Naz

Position

Consultant Physical Therapist

Latest degree

Master

Other areas of specialty/work

Neurology

Street address

23 B, Faysal Town, Abul-ul-Asphani Road, Block A
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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

Dr. Afsheen Naz

Position

Consultant Physical Therapy

Latest degree

Master

Other areas of specialty/work

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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

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

All collected deidentified IPD

When the data will become available and for how long

Data will be available to other people after the completion of study and remained available till 6 months

To whom data/document is available

Data will be available to people working in academic institutions

Under which criteria data/document could be used

Data can be accessed by communicating with principle investigator "Afsheen Naz" through institutional email address: afsheen.jawwad@yahoo.com

From where data/document is obtainable

Data/document is available from principle investigator "Afsheen Naz" through the institutional email address: afsheen.jawwad@yahoo.com

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

Data/document can be accessed through communicating with principle investigator "Afsheen Naz" on institutional email address: afsheen.jawwad@yahoo.com

Comments

N/A