Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The short term effect of static stretch on the dynamic and static balance index in non athletic healthy young girls

Protocol summary

Summary

This study has been designed to investigate the effect of long and short duration static stretch on the muscular function. In this randomized single blind trial, 45 healthy, non athletic girl will be assigned randomly in one of the tree experimental trials, a) 15 seconds static stretch, b) 45 seconds static stretch and c) control group who received no intervention. Inclusion criteria included: Healthy Non-athletic girl Exclusion Criteria included 1) Neuromuscular Disease, 2) Musculoskeletal disease, 3) history of truma in last month, 4) history of lower limb fracture in last year, 5) lower limb deformity, 6) professional athletic. Intervention included three times 15 and 45 seconds static stretch on the three muscle groups of both legs which are 1) Quadriceps, 2) Hamstrings and 3) calf muscles, with 15 second rest between each stretch. Before and after intervention static and dynamic balance index during bilateral standing and also falling risk will be measured by 3D system balance machine.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138904081254N5**
Registration date: **2010-06-29, 1389/04/08**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2010-06-29, 1389/04/08

Registrant information

Name

Amir Hoshang Bakhtiary Davijani

Name of organization / entity

Semnan University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Semnan University of Medical Sciences

Expected recruitment start date

2010-07-06, 1389/04/15

Expected recruitment end date

2010-10-07, 1389/07/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The short term effect of static stretch on the dynamic and static balance index in non athletic healthy young girls

Public title

The short term effect of static stretch on the dynamic and static balance index in non athletic healthy young girls

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Healthy Non-athletic girl Exclusion Criteria: 1) Neuromuscular Disease, 2) Musculoskeletal disease, 3) history of truma in last month, 4) history of lower limb fracture in last year, 5) lower limb deformity, 6) professional athletic.

Age

From **18 years** old to **24 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **45**

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

Semnan University of Medical sciences

Street address

Blv Basij. Educational Deputy of University

City

Semnan

Postal code

Approval date

2010-08-08, 1389/05/17

Ethics committee reference number

89/11530

Health conditions studied

1

Description of health condition studied

Static and Dynamic Balance Indexes

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

The rate of center of pressure displacement in the base of support during bilateral standing

Timepoint

20 min (before and after stretch training)

Method of measurement

3D Balnce system of Biodex

Secondary outcomes

1

Description

Falling Risk indexes

Timepoint

20 min (before and after stretch trainig)

Method of measurement

Biodex 3D System balance

Intervention groups

1

Description

Three 15 seconds static stretch on the Quadriceps, Hamstring and Calf Muscles of both leg with 15 seconds rest between each stretch

Category

Rehabilitation

2

Description

Three 45 seconds static stretch on the Quadriceps, Hamstring and Calf Muscles of both leg with 15 seconds rest between each stretch

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Rehabilitation Research center

Full name of responsible person

Street address

City

Semnan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Dr Faranoush

Street address

Basij Blv

City

Semnan

Grant name

Grant code / Reference number

Is the source of funding the same sponsor

organization/entity?
Yes
Title of funding source
Semnan 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

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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