

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparison of the rate of lactic acid excretion during the return to initial state by performing yoga techniques and vibration of the whole body and cold water pool in the selected football team

Protocol summary

Study aim

Comparison of the rate of lactic acid excretion during the return to initial state by performing yoga techniques and vibration of the whole body and cold water pool in the selected football team

Design

A clinical trial with a control group, with parallel groups, randomized, on 60 footballers (4 groups of 15 people). Excel software rand function was used for randomization.

Settings and conduct

This study is on the footballers in the football leagues of Semnan province.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Footballer with 6 months of continuous training in advance; Lack of physical and motor problems. Exclusion criteria: Reluctance to continue collaborating in research.

Intervention groups

Intervention group 1: Fifteen footballers practice yoga for 15 minutes according to the protocol. At the end of the yoga, their blood lactic acid is measured. Intervention group 2: 15 footballers; According to the protocol, they are placed in a cold pool with a temperature of 10-15 degrees Celsius for 15 minutes (the whole body except the head). After leaving the cold pool, their blood lactic acid is measured. Intervention group 3: 15 footballers; According to the protocol, it is placed on a vibrating device at a speed of 20 Hz for 15 minutes. After vibration, their blood lactic acid is measured. Control group: 15 footballers sit on a chair for 15 minutes. After 15 minutes, their blood lactic acid is measured.

Main outcome variables

Blood lactic acid

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20151228025732N61**

Registration date: **2020-10-30, 1399/08/09**

Registration timing: **registered_while_recruiting**

Last update: **2020-10-30, 1399/08/09**

Update count: **0**

Registration date

2020-10-30, 1399/08/09

Registrant information

Name

Alireza Emadi

Name of organization / entity

Semnan University of Medical Sciences, Semnan, Iran

Country

Iran (Islamic Republic of)

Phone

+98 23 3345 1336

Email address

are20935@semums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-12-17, 1398/09/26

Expected recruitment end date

2020-12-16, 1399/09/26

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the rate of lactic acid excretion during the return to initial state by performing yoga techniques and vibration of the whole body and cold water pool in the selected football team

Public title

Comparison of the rate of lactic acid excretion during the return to initial state by performing yoga techniques and vibration of the whole body and cold water pool in the selected football team

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria:

Footballer with 6 months of continuous training in advance Lack of physical and motor problems

Exclusion criteria:

Reluctance to continue collaborating in research

Age

No age limit

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 60

Randomization (investigator's opinion)

Randomized

Randomization description

Participants will be randomly assigned to four groups of intervention and control with 15 members using block randomization with block sizes of 4. Randomized permutation blocks (block 4). Excel software rand function was used for randomization.

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 Islamic Azad University- Semnan Branch

Street address

Opposite Sokan Park

City

Semnan

Province

Semnan

Postal code

3513119111

Approval date

2019-12-17, 1398/09/26

Ethics committee reference number

IR.IAU.SEMNAN.REC.1398.026

Health conditions studied

1

Description of health condition studied

Severe boring activity

ICD-10 code

Y93.6A

ICD-10 code description

Activity, physical games generally associated with school recess, summer camp and children

Primary outcomes

1

Description

Blood lactic acid

Timepoint

Resting, immediately after Cunningham test, 5 minutes after test and 15 minutes after returning to normal

Method of measurement

Blood lactate meter

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group 1: Fifteen footballers practice yoga for 15 minutes according to the protocol. At the end of the yoga, their blood lactic acid is measured.

Category

Rehabilitation

2

Description

Intervention group 2: 15 footballers; According to the protocol, they are placed in a cold pool with a temperature of 10-15 degrees Celsius for 15 minutes (the whole body except the head). After leaving the cold pool, their blood lactic acid is measured.

Category

Diagnosis

3

Description

Intervention group 3: 15 footballers; According to the

protocol, it is placed on a vibrating device at a speed of 20 Hz for 15 minutes. After vibration, their blood lactic acid is measured.

Category

Diagnosis

4**Description**

Control group: 15 footballers sit on a chair for 15 minutes. After 15 minutes, their blood lactic acid is measured.

Category

Diagnosis

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

Islamic Azad University, Semnan Branch

Full name of responsible person

Mohammad Rashidi

Street address

Semnan Islamic Azad University, 5 km of Damghan road, Semnan.

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

Islamic Azad University

Full name of responsible person

Mohammad Karim Sohrabi

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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

Islamic Azad 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**

Islamic Azad University

Full name of responsible person

Mohammad Rashidi

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Physical Education

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

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Person responsible for updating data

Contact

Name of organization / entity

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Position

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Latest degree

Ph.D.

Other areas of specialty/work

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City

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

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available