

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effects of Balance Training exercises for Improving Static and Dynamic Balance in Deaf Population

Protocol summary

Study aim

The aim of this study is to determine the effects of balance training exercises for improving static and dynamic balance on the deaf population

Design

double blinding, randomized control trial with parallel group design of 30 patients

Settings and conduct

The participants will be chosen from Special education school, Milat town Faisalabad. Double blinding in which participants and assessor both will be blinded.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Congenitally Deaf children, Aged between 6 and 11 years, With profound hearing impairment, Without cochlear implantation, Ability to understand simple instructions, Ability to stand and walk independently. exclusion criteria: Mental illness, Visual impairment, Cognitive impairment, Physical impairment, Neurological condition, Cardiovascular conditions

Intervention groups

The subjects will be divided into two groups randomly by chit and draw method: control group and training group. Group A will be training group (n=15) followed the balance training exercises for 4 weeks and group B will be control group (n=15) carried out its daily activities normally as usual.

Main outcome variables

our primary outcome will be to maintain the balance of subjects as much as they can do by performing exercises.

General information

Reason for update

Acronym

EBTEISDBDP

IRCT registration information

IRCT registration number: **IRCT20200625047922N1**

Registration date: **2020-12-26, 1399/10/06**

Registration timing: **retrospective**

Last update: **2020-12-26, 1399/10/06**

Update count: **0**

Registration date

2020-12-26, 1399/10/06

Registrant information

Name

Aimen Ghulam Rasool

Name of organization / entity

The university of Faisalabad

Country

Pakistan

Phone

+92 41 2693605

Email address

aimenmalik760@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-07-21, 1399/04/31

Expected recruitment end date

2020-08-21, 1399/05/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of Balance Training exercises for Improving Static and Dynamic Balance in Deaf Population

Public title

Balance Training exercises for Improving Static and Dynamic Balance in Deaf Population

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Congenitally Deaf children Age between 6 and 11 years
With profound hearing impairment Without cochlear
implantation Ability to understand simple instructions
Ability to stand and walk independently.

Exclusion criteria:

Mental illness Visual impairment Cognitive impairment
Physical impairment Neurological condition
Cardiovascular conditions. Use of any assistive device

Age

From **6 years** old to **11 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Outcome assessor

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

for screening the population convenient sampling will be
chosen. Subjects will be randomly allocated to the
Experimental and Control Group by using Chit and Draw
method Simple Randomization. Group A will be
experimental group and group b will be control group.

Blinding (investigator's opinion)

Double blinded

Blinding description

In our research, the participants and outcome assessors
are blinded. As we wanted to make sure that no
biasness at any level.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of THE UNIVERSITY OF FAISALABAD
SARGODHA ROAD, FAISALABAD- PAKISTAN

Street address

Sargodha Road, University Town, Faisalabad, Punjab

City

Faisalabad

Postal code

38000

Approval date

2020-02-13, 1398/11/24

Ethics committee reference number

TUF/DR/DPT/085

Health conditions studied

1

Description of health condition studied

Static and dynamic balance training on deaf population

ICD-10 code

H91.93

ICD-10 code description

Unspecified hearing loss, bilateral

Primary outcomes

1

Description

Balance

Timepoint

before intervention and 4 weeks after intervention

Method of measurement

Berg Balance scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: interventional group will follow
balance training exercises for 4 weeks in which
5sets/20 reps/All exercises to be held for 30 sec before
returning to starting position that includes
Static exercise:1. Stand on toes, feet apart.2. Stand on to
es, feet together. 3. Stand on right foot unsupported, wit
h left foot behind right knee. 4. Stand on left foot unapp
orted,
with right foot behind left knee. 5. Stand with right heel t
ouching left toe, feet in a straight line
Dynamic exercise:1. Active warm up 2. Trunk twists
3. Walking lunges

Category

Rehabilitation

2

Description

Control group: control group perform their activity of
daily living only.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Special Education School Milat town, Faisalabad

Full name of responsible person

Dr. Nimra Arshad ;PT

Street address

Milat Town, Faisalabad, Punjab 38000

City

Faisalabad

Postal code

38000

Phone

+92 41 9220363

Email

akhtarnusreen014@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University Of Faisalabad

Full name of responsible person

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nimra.arshad@tuf.edu.pk

Grant name

Grant code / Reference number

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

Yes

Title of funding source

The University Of Faisalabad

Proportion provided by this source

100

Public or private sector

Private

Domestic or foreign origin

Foreign

Category of foreign source of funding

Sponsor: country of origin

Country of origin

PK

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

The University of Faisalabad

Full name of responsible person

Aimen Ghulam Rasool

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries

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Person responsible for updating data

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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

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