

# 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**

Dr. Nimra Arshad ;PT

**Street address**

Sargodha Road, University Town, Faisalabad, Punjab  
38000

**City**

Faisalabad

**Postal code**

38000

**Phone**

+92 41 8868326

**Email**

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

**Street address**

House no 605/A block Kashmir Road Ghulam  
Muhammad Abad Faisalabad

**City**

Faisalabad

**Province**

Punjab

**Postal code**

38000

**Phone**

041-693605

**Email**

aimenmalik760@gmail.com

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

The University of Faisalabad

**Full name of responsible person**

Aimen Ghulam Rasool

**Position**

Student

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## Person responsible for updating data

### Contact

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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