Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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

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+92 41 2693605

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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 impairmen 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 choosen. 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 biassness 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 unsupp 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

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38000

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+92 41 9220363

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akhtarnusreen014@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
The University Of Faisalabad

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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 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