

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparison between Effects of Functional Training Program and Conventional Therapy on Postural Control and Functional Mobility in Chronic Stroke.

Protocol summary

Study aim

To Compare the Effects of Functional Training Program and Conventional Therapy on Postural Control and Functional Mobility in Chronic Stroke

Design

A concealed Randomized blinded trial with parallel groups, 12 patients, enrolled between November 2019 to march 2020 and followed 6 months. Randomization was done using lottery method.

Settings and conduct

Qureshi hospital sahiwal

Participants/Inclusion and exclusion criteria

Inclusion criteria: Confirmed infarct or hemorrhage by a neurologist using either MRI or CT scan; Patient who was able to follow verbal or demonstrated instruction & direction; Both genders; Patient who was not able to walk independently; Aged 30 – 65 years; Patient after 6 months of stroke. Exclusion criteria: Unstable Cardiovascular conditions, any lower limb musculoskeletal condition or neurological condition other than stroke that influence posture. 3. Patients with communication barrier and cognitive impairment. 4. Any diagnosed psychological problem. 5. Unable to keep any(Sitting or Standing) position for 30 Second

Intervention groups

Group a: functional training program therapy is applied for postural control and functional mobility for 8 week 3 times per week for 60 min in a day. Group b :conventional treatment (PROM AAROM AROM) applied for 8 weeks 3 times per week for 60 min in a day.

Main outcome variables

berg balance scale , time up and go test, 6 min walk test , trunk control measurement scale

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200911048687N1**
Registration date: **2020-12-11, 1399/09/21**
Registration timing: **retrospective**

Last update: **2020-12-11, 1399/09/21**

Update count: **0**

Registration date

2020-12-11, 1399/09/21

Registrant information

Name

Qurat-ul-ain .

Name of organization / entity

Ripah international university

Country

Pakistan

Phone

+92 40 4550316

Email address

raoannie316@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-09-22, 1399/07/01

Expected recruitment end date

2020-11-22, 1399/09/02

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison between Effects of Functional Training Program and Conventional Therapy on Postural Control and Functional Mobility in Chronic Stroke.

Public title

Comparison between Effects of Functional Training Program and Conventional Therapy on Postural Control and Functional Mobility in Chronic Stroke.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Confirmed infarct or Hemorrhagic stroke by a neurologist using either MRI or CT scan Patient who was able to follow verbal or demonstrated instruction & direction Both genders Patient who are not able to walk independently. Aged 30 - 65 years Patient after 6 months of stroke

Exclusion criteria:

Unstable CVS status significant lower limb MSK condition or neurological condition other than stroke that influence posture Patients with communication barrier and cognitive impairment Any diagnosed psychological problem Unable to keep any(Sitting or Standing) position for 30 Second

Age

From **30 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **12**

Randomization (investigator's opinion)

Randomized

Randomization description

Each participant was requested to draw a card from a box. Number one was allocated to group A and number two was allocated to group B (lottery method) .Allocation concealment was done through sealed envelope.

Blinding (investigator's opinion)

Single blinded

Blinding description

In this study participants were blinded by envelope concealment. participant were not aware to which group they belong.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Ripah College of Rehabilitation and allied health sciences

Street address

Madar-e-millat road, Quaideazam industrial estate

City

Lahore

Postal code

54770

Approval date

2020-01-01, 1398/10/11

Ethics committee reference number

RCRS-RE-MS-NMPT/FALL19/026

Health conditions studied

1

Description of health condition studied

chronic stroke

ICD-10 code

ICD-10 code description

chronic stroke

Primary outcomes

1

Description

postural control and functional mobility

Timepoint

total 8 week program and no followup.primary outcome will be measured on 8th week

Method of measurement

berg balance scale, 6 min walk test, time up and go test, trunk control measurement scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: functional training program of 8 week for 3 times per week for 60 minute

Category

Treatment - Other

2

Description

Control group: conventional therapy (AROM, PROM) for 8 week (3times per week for 60 min)

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Max Rehab lahore

Full name of responsible person

Qurat Ul Ain

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Madar e millat road Quaideazam industrial estate

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Phone

+92 42 32172454

Email

raoannie316@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ripah international university

Full name of responsible person

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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

Ripah international university

Proportion provided by this source

100

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Other

Person responsible for general inquiries

Contact

Name of organization / entity

Ripah international university

Full name of responsible person

Qurat ul ain

Position

Student

Latest degree

Master

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)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

COMPARISON BETWEEN EFFECTS OF FUNCTIONAL TRAINING PROGRAM AND CONVENTIONAL THERAPY ON POSTURAL CONTROL AND FUNCTIONAL MOBILITY IN CHRONIC STROKE

When the data will become available and for how long

as soon as possible after publication

To whom data/document is available

it is available to all researcher, academics and health sciences.

Under which criteria data/document could be used

it is used for any research purpose, for treatment purpose, for study, and for cite .

From where data/document is obtainable

it is obtainable from all research engine

What processes are involved for a request to access data/document

access of data is for everyone, freely available

Comments