Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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 musckuloskeletal 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 committe of Ripah College of Rehablitationand 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
Street address
Madar e millat road Quaideazam industrial estate
City
Lahore
Postal code
54770
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
Qurat Ul Ain
Street address
Madar e Millat road, Quaideazam industrial estate
City
Lahore
Postal code
54770
Phone
+92 42 32172454
Email
raoannie316@gmail.com

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
Street address
Madar e millat road, Quaideazam industrial estate
City
Lahore
Province
Punjab
Postal code
54770
Phone
+92 42 32172454
Email
raoannie316@gmail.com

Person responsible for scientific 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
Street address
Madar e millat road, Quaideazam industrial estate
City
Lahore
Province
Punjab
Postal code
54770
Phone
+92 42 32172454
Email
raoannie316@gmail.com

Person responsible for updating data

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

Street address
Madar e millat road, Quaideazam industrial estate
City
Lahore
Province
Punjab
Postal code
54770
Phone
+92 42 32172454
Email
raoannie316@gmail.com

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 pubication
To whom data/document is available
it is acailable 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