

# 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

**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

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**Email**

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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

**Street address**

Madar e millat road, Quaideazam industrial estate

**City**

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**Province**

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**Postal code**

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**Phone**

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## 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**

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## Person responsible for updating data

### Contact

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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**