

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

EFFECTS OF SPINAL SEGMENTAL EXERCISES VERSUS CONVENTIONAL TREATMENT TO IMPROVE TRUNK STABILITY IN SUB ACUTE STROKE

Protocol summary

Study aim

To determine the effects of spinal segmental exercises versus conventional treatment to improve trunk stability in sub acute stroke.

Design

RCT

Settings and conduct

Trial conduct in private clinics, Laraib physiotherapy clinic and perfect physio care clinic D.G.Khan. It was a single blind study in which participants are blind

Participants/Inclusion and exclusion criteria

INCLUSION CRITERIA: a) Patients within 1 year after onset of stroke. b) Age 35 to 60 years. c) Patients with positive sharpened Romberg test (static balance). d) Patients with Modified Functional reach test (Dynamic balance) specific for sub acute. EXCLUSION CRITERIA a) Patients of pusher syndrome (defined as inclination to the hemi paretic side and giving resistance to any attempt at passive correction). b) Any incurable illness. c) Pain, limitation in the non-paretic lower extremity or restricted motion. d) Patient with cognitive disorders.

Intervention groups

INTERVENTIONAL PROTOCOL Group A: In conventional group total 11 patients was recruited by giving conventional therapy for the period of 12 week, consisting of 1 hour of treatment per day, 3 times a week for 12 weeks. Conventional exercises include Exercise 1: supine lying – Leg lifts. Exercise 2: Abdominal crunches in crook lying position. Exercise 3. Back Isometrics.

Main outcome variables

Two outcome measuring tools was used TIS (Trunk impairment scale) and Posture Zone mobile app.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20201220049773N1**

Registration date: **2021-03-03, 1399/12/13**

Registration timing: **retrospective**

Last update: **2021-03-03, 1399/12/13**

Update count: **0**

Registration date

2021-03-03, 1399/12/13

Registrant information

Name

Unaza Laraib

Name of organization / entity

Country

Pakistan

Phone

+92 64 2403588

Email address

unaiza_laraib94@hotmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-02-01, 1398/11/12

Expected recruitment end date

2021-02-15, 1399/11/27

Actual recruitment start date

2020-02-29, 1398/12/10

Actual recruitment end date

2021-02-15, 1399/11/27

Trial completion date

2021-03-15, 1399/12/25

Scientific title

EFFECTS OF SPINAL SEGMENTAL EXERCISES VERSUS CONVENTIONAL TREATMENT TO IMPROVE TRUNK STABILITY IN SUB ACUTE STROKE

Public title

EFFECTS OF SPINAL SEGMENTAL EXERCISES VERSUS

CONVENTIONAL TREATMENT TO IMPROVE TRUNK STABILITY IN SUB ACUTE STROKE

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

a) Patients within 1 year after onset of stroke. b) Age 35 to 60 years. c) Patients with positive sharpened Romberg test (static balance). d) Patients with Modified Functional reach test (Dynamic balance) specific for sub acute.

Exclusion criteria:

a) History other neurologic diseases or earlier stroke. b) Any incurable illness. c) Pain, limitation in the non-paretic lower extremity or restricted motion. d) Patient with cognitive disorders.

Age

From **35 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **20**

Actual sample size reached: **20**

Randomization (investigator's opinion)

Randomized

Randomization description

Lottery method

Blinding (investigator's opinion)

Single blinded

Blinding description

Participants are blind, they don't know in which group they were allocated.

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Secretary Ethical review committee Riphah college of rehabilitation and Allied health sciences

Street address

House no 950, Block 18 fareed abad colony

City

D.G.Khan

Postal code

32200

Approval date

2020-03-27, 1399/01/08

Ethics committee reference number

022725

Health conditions studied

1

Description of health condition studied

Sub acute stroke

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

To improve trunk stability in sub acute stroke patients

Timepoint

12 weeks after intervention

Method of measurement

Trunk impairment scale and posture zone mobile app

Secondary outcomes

1

Description

none

Timepoint

none

Method of measurement

none

Intervention groups

1

Description

Intervention group: In clinical group total 11 patients was recruited by giving training program of spinal segmental exercises for 3 sessions, 1 hour per day, during a period of 12 weeks. Without devices the bed exercises consisted of bridge exercise with legs crossed, bridge exercise, bridge exercise with one leg, side bridge exercises, curl up with straight reaching and curl up with diagonal reaching

Category

Rehabilitation

2

Description

Control group: In conventional group total 11 patients was recruited by giving conventional therapy for the period of 12 week, consisting of 1 hour of treatment per day, 3 times a week for 12 weeks. Conventional exercises include Exercise 1: supine lying – Leg lifts. Exercise 2: Abdominal crunches in crook lying position. Exercise 3. Back Isometrics.

Category

Rehabilitation

Recruitment centers**1****Recruitment center****Name of recruitment center**

Laraib physiotherapy clinic

Full name of responsible person

Unaiza Laraib

Street address

House no 950, Block 18 fareed abad colony

City

D.G.Khan

Postal code

32200

Phone

+92 64 2403588

Fax**Email**

unaiza_laraib94@hotmail.com

Web page address**2****Recruitment center****Name of recruitment center**

Perfect physio care clinic

Full name of responsible person

Dr Rizwan Ahmed Qureshi

Street address

House no 950, Block 18 fareed abad colony

City

D.G.Khan

Postal code

32200

Phone

+92 64 2403588

Email

unaiza_laraib94@hotmail.com

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Riphah International University Islamabad

Full name of responsible person

Dr Misbah Waris

Street address

House no 950, Block 18 fareed abad colony

City

D.G.Khan

Postal code

32200

Phone

+92 64 2403588

Email

Misbah.Waris@riphah.edu.pk

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

No

Title of funding source

Misbah Waris

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**

Academic

Person responsible for general inquiries**Contact****Name of organization / entity**

Riphah International University Islamabad

Full name of responsible person

Dr Misbah Waris

Position

Lecturer

Latest degree

Master

Other areas of specialty/work

Neurology

Street address

House no 950, Block 18 fareed abad colony

City

D.G.Khan

Province

Punjab

Postal code

32200

Phone

+92 64 2403588

Email

Misbah.Waris@riphah.edu.pk

Person responsible for scientific inquiries**Contact****Name of organization / entity**

Riphah International University Islamabad

Full name of responsible person

Dr Misbah Waris

Position

Lecturer

Latest degree

Master

Other areas of specialty/work

Neurology

Street address

House no 950, Block 18 fareed abad colony

City

D.G.Khan
Province
Punjab
Postal code
32200
Phone
+92 64 2403588
Email
Misbah.Waris@riphah.edu.pk

Person responsible for updating data

Contact

Name of organization / entity
Riphah International University Islamabad
Full name of responsible person
Dr Misbah Waris
Position
Lecturer
Latest degree
Master
Other areas of specialty/work
Neurology
Street address
House no 950, Block 18 fareed abad colony
City
D.G.Khan
Province
Punjab
Postal code
32200
Phone
+92 64 2403588
Email
Misbah.Waris@riphah.edu.pk

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is 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

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is 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

Title and more details about the data/document

Effects of spinal segmental exercises versus conventional treatment to improve trunk stability in sub acute stroke

When the data will become available and for how long

Starting 6 months after publication

To whom data/document is available

Not yet decided

Under which criteria data/document could be used

Not yet decided

From where data/document is obtainable

Not yet decided

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

Not yet decided

Comments