

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparison between Rhythmic Initiation and Slow Reversal PNF Technique on Pelvis to improve Static and Dynamic Balance in Stroke Hemiplegic Patients

Protocol summary

Study aim

The purpose of this study was to compare the effect of rhythmic initiation and slow reversal pelvic PNF technique to improve static and dynamic balance in stroke hemiplegic patients.

Design

Randomised controlled trials

Settings and conduct

Allied Hospital Faisalabad District Head Quarter Hospital Faisalabad

Participants/Inclusion and exclusion criteria

inclusion criteria: 30 participants with hemiplegic stroke, both male and female with 45-60 years of age, With first unilateral stroke within 6 months, were able to walk with walking aids or assistance for 10 meters, No PNF treatment was given to the pelvic area since 6 weeks, Patients on BBS scoring less than or equal to 30 with minimum score 20. Exclusion Criteria: Those participants who had pelvic dysfunction other than stroke, pelvic fracture within last 6 months, having spinal deformity, with cognitive dysfunction, lower limb MSK disorders, Having severe disabling arthritis and patients having cardiopulmonary deficits, having severe degenerative changes and having Benign Paroxysmal Positional Vertigo

Intervention groups

Intervention group (Group A) Rhythmic Initiation
Intervention group (Group B) Slow Reversals

Main outcome variables

Static Balance Dynamic Balance

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210823052272N1**

Registration date: **2021-09-16, 1400/06/25**

Registration timing: **retrospective**

Last update: **2021-09-16, 1400/06/25**

Update count: **0**

Registration date

2021-09-16, 1400/06/25

Registrant information

Name

Aamna Masood

Name of organization / entity

The University of Faisalabad

Country

Pakistan

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-05-31, 1400/03/10

Expected recruitment end date

2021-08-10, 1400/05/19

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison between Rhythmic Initiation and Slow Reversal PNF Technique on Pelvis to improve Static and Dynamic Balance in Stroke Hemiplegic Patients

Public title

Comparison of Pelvic PNF techniques to improve balance in stroke patients

Purpose

Health service research

Inclusion/Exclusion criteria**Inclusion criteria:**

Both Male and Female participants of age 45-60 years. With first unilateral stroke within 6 months. The participants who will be able to walk with walking aids or assistance for 10 meters. No PNF treatment given to the pelvic area since 6 weeks. Patients on Berg Balance Scale scoring less than or equal to 30 with minimum score 20

Exclusion criteria:

Those participants having pelvic dysfunction other than stroke. Having pelvic fracture within last 6 months. Patients having spinal deformity. Patients with cognitive dysfunction. Patients having lower limb MSK disorders. Having severe disabling arthritis and patients having cardiopulmonary deficits. Patients having severe degenerative changes. Patients having Benign Paroxysmal Positional Vertigo (BPPV).

Age

From **45 years** old to **60 years** old

Gender

Both

Phase

3

Groups that have been masked

- Participant

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Thirty (n=30) participants were selected for the study. These were randomized through purposive sampling technique which is a type of non-probability sampling technique, into two groups: group A (Rhythmic initiation, n=15) and group B (Slow reversal, n=15). The participants were then randomly allocated to both groups by lottery method.

Blinding (investigator's opinion)

Single blinded

Blinding description

participants were not told which group they have been allocated, neither they know the treatment of other group participants.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

The ethical committee of The University of Faisalabad

Street address

Sargodha road, Faisalabad

City

Faisalabad

Postal code

38000

Approval date

2021-05-25, 1400/03/04

Ethics committee reference number

TUF/DR/MSPP/307

Health conditions studied**1****Description of health condition studied**

inability to maintain stability in stroke patients with one sided body weakness.

ICD-10 code

I63

ICD-10 code description

Cerebral infarction

Primary outcomes**1****Description**

Static and Dynamic Balance

Timepoint

before intervention and after the last treatment session

Method of measurement

Berg Balance Scale

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: Rhythmic Initiation PNF technique

Category

Rehabilitation

2**Description**

Intervention group: Slow Reversals PNF technique

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Allied Hospital Faisalabad

Full name of responsible person
Sobia Nawaz

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2

Recruitment center

Name of recruitment center
District Head Quarter Hopsital

Full name of responsible person
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vcfmuf@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
The University of Faisalabad

Full name of responsible person
Sidra Majeed

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Web page address
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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

The University of Faisalabad

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
The University of Faisalabad

Full name of responsible person
Aamna Masood

Position
Student

Latest degree
Bachelor

Other areas of specialty/work
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

a consent form was signed from patients, that their data will be safe including identity and contact information and not shared to anyone.

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

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

the data regarding outcome measures will be shared, but the identity of patient will be kept hidden because a consent was signed from them

When the data will become available and for how long

2022

To whom data/document is available

everyone related to this field.

Under which criteria data/document could be used

whoever will request for data

From where data/document is obtainable

document is obtainable through email address

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

to access data one should approach through the email provided.

Comments