

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jun 2026

### Comparison of theraband and plyometrics training on balance and motor performance in footballers

#### Protocol summary

##### Study aim

The aim of the study is to compare the effects of theraband and plyometric training on balance and motor performance in footballers

##### Design

Two parallel groups, Randomized Clinical Trial of 40 participants followed for 6 weeks

##### Settings and conduct

Data will collect from Pakistan Sports Board and Coaching Centre (PSB) Lahore. Data will be collected from before and after treatment session. Each participant will be familiar with the warm up (light jogging,, calf stretch,, squats) . participants who will finish the warm up session will be included in the assessment.

##### Participants/Inclusion and exclusion criteria

Inclusion Criteria: 1) Male and female footballers 2) Participants of age 15 to 30 years of age 3) Participants that are practicing three or more times a week(41); Exclusion Criteria: 1) Elite/ International players; 2) Novice players; 3) Recently injured athlete(41).

##### Intervention groups

Group A: performing theraband exercises three times per week while maintaining their regular physical activity and nutritional plans. Group B: performing plyometric exercises three times per week while maintaining their regular physical activity and nutritional plans.

##### Main outcome variables

Balance and motor performance of footballers

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20210811052138N4**

Registration date: **2022-09-03, 1401/06/12**

Registration timing: **retrospective**

Last update: **2022-09-03, 1401/06/12**

Update count: **0**

##### Registration date

2022-09-03, 1401/06/12

##### Registrant information

###### Name

Halima Shoukat

###### Name of organization / entity

Riphah international university, Lahore

###### Country

Pakistan

###### Phone

+92 55 4284121

###### Email address

halima.shoukat@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2021-11-15, 1400/08/24

##### Expected recruitment end date

2021-12-15, 1400/09/24

##### Actual recruitment start date

2021-11-15, 1400/08/24

##### Actual recruitment end date

2021-12-15, 1400/09/24

##### Trial completion date

2021-12-15, 1400/09/24

##### Scientific title

Comparison of theraband and plyometrics training on balance and motor performance in footballers

##### Public title

Comparison of theraband and plyometrics training on balance and motor performance in footballers

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

**Inclusion criteria:**

Male and female footballers; Participants of age 15 to 30 years of age; Participants that are practicing three or more times a week.

**Exclusion criteria:**

Elite/ International footballers; Novice footballers; Recently injured athlete.

**Age**

From **15 years** old to **30 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **40**

Actual sample size reached: **36**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Participants were selected by non-probability convenience sampling from the pakistan sports board. Each participant was allocated a number on enrollment in the study. Participants were randomly allocated into two groups by a random number sequence generated by a computer software program called "research randomizer". According to the number generated by a computer software, the participant is allocated into group in which that number falls. This software is used to generate 2 sets of 20 unique numbers via setting the range from 1-40 from least to greatest order.

**Blinding (investigator's opinion)**

Not blinded

**Blinding description****Placebo**

Not used

**Assignment**

Parallel

**Other design features**

Nil

**Secondary Ids**

empty

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

committee of Riphah International University

**Street address**

Madar-e-Millat Road, Quaid-e-Azam Industrial Estate  
Quaid e Azam Industrial Estate, Lahore, Punjab

**City**

lahore

**Postal code**

5400

**Approval date**

2021-12-29, 1400/10/08

**Ethics committee reference number**

REC/RCR&AHS/22/0414

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

Balance and motor performance

**ICD-10 code****ICD-10 code description****Primary outcomes****1****Description**

This study will improve the balance and motor performance of footballers

**Timepoint**

6 weeks

**Method of measurement**

Star excursion balance test, FMS

**Secondary outcomes**

empty

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

Group A will Perform theraband exercises three times per week while maintaining their regular physical activity and nutritional plans for a period of 6 weeks.

**Category**

N/A

**2****Description**

Group B will Perform Plyometric exercises three times per week while maintaining their regular physical activity and nutritional plans for a period of 6 weeks.

**Category**

N/A

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

Pakistan Sports Board and Coaching Centre (PSB)

**Full name of responsible person**

Mr. Nasrullah Rana

**Street address**

Ferozpur Rd, Block E 2 Gulberg III, Lahore, Punjab

**City**

Lahore

**Postal code**

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**Phone**

+92 42 99230383

**Email**

psblahore@hotmail.com

**Web page address**

<http://www.sports.gov.pk/Detail/ODNmZDljYTMtNmlyOS00YzU3LWFhNmMtZjcxNGM5NjI4NzZm>

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**

Riphah international university

**Full name of responsible person**

Dr Halima Shoukat

**Street address**

28-M, Quaid-e Azam, Industrial Estate Kot Lakhpat,  
Lahore

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lahore

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**Phone**

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halima.shaukat@yahoo.com

**Web page address**

<https://riphah.edu.pk/lahore>

**Grant name**

**Grant code / Reference number**

**Is the source of funding the same sponsor organization/entity?**

No

**Title of funding source**

Riphah 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**

Riphah international university

**Full name of responsible person**

Asma Azam

**Position**

Student

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

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asmaazam2016@gmail.com

## Person responsible for scientific inquiries

#### Contact

**Name of organization / entity**

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**Full name of responsible person**

Dr Halima Shoukat

**Position**

Assistant lecturer

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Physiotherapy

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## Person responsible for updating data

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**Latest degree**

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**Other areas of specialty/work**

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**City**

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Punjab

**Postal code**

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**Email**

asmaazam2016@gmail.com

**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**

There is no further information

**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**

Undecided - It is not yet known if there will be a plan to make this available

**Clinical Study Report**

Undecided - It is not yet known if there will be 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