Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effects of multi-segmental individual -based exercise approach on postural dysfunction among geriatric population.

Protocol summary

Study aim

to determine the effects of multi segmental exercise intervention on postural dysfunction among geriatric population. to determine the effects of multi segmental exercise intervention on balance among geriatric population.

Design

. The exercise program will be divided into six sections: • Postural awareness • Stretching exercises • Mobility exercises • Strength exercises • Balance & coordination exercises • Endurance training The above-mentioned exercise program consists of: • 10-minute warm up period. • 35-minut exercise period. • 10- minute relaxation (cool down) period.

Settings and conduct

University institute of physical therapy university of Lahore, Lahore.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Both male & female. • Age 65-75 years. • Participants who can able to move independently. • Participants who can able to climb one flight of stairs independently. • Participants who have thoracic kyphosis of 50 degree or greater. Exclusion criteria: • Patient who could not maintain balance when standing unassisted • Patient with diagnosed neurological or vestibular disorders. • Patient with serious medical conditions that will limit participation in exercise program i.e. (chest pain, myocardial infarction, cardiac surgery within 6 months) • Patient with uncontrolled hypertension. • Patient with previous 12 months history of hip fracture or total hip replacement.

Intervention groups

Group-A (Control group): This group will receive no exercise program but postural education will be given to this group via video. Group B (Experimental group): The patients in this group will receive exercise program of 1 hour. The exercise program will consist of warm up period, an exercise session, & cool down period twice weekly for 24 weeks.

Main outcome variables

• Posture control • Balance (static & dynamic balance

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20221005056094N1**
Registration date: **2022-10-25, 1401/08/03**
Registration timing: **retrospective**

Last update: **2022-10-25, 1401/08/03**
Update count: **0**

Registration date

2022-10-25, 1401/08/03

Registrant information

Name

Filza Shoukat

Name of organization / entity

University of lahore

Country

Pakistan

Phone

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-04-21, 1400/02/01

Expected recruitment end date

2022-08-21, 1401/05/30

Actual recruitment start date

2021-04-21, 1400/02/01

Actual recruitment end date

2022-08-21, 1401/05/30

Trial completion date

2022-10-22, 1401/07/30

Scientific title

Effects of multi-segmental individual -based exercise approach on postural dysfunction among geriatric population.

Public title

Effects of multi-segmental individual -based exercise approach on postural dysfunction among geriatric population.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Participants who are able to move independently participants who are able to climb one flight of stairs independently Participants having thoracic kyphosis of 50 degree or greater Gender both male & female Age 65-75 years

Exclusion criteria:

participants who could not maintain balance when standing unassisted patients with diagnosed neurological and vestibular disorder patient with uncontrolled hypertension patients with previous 12 months history of hip fracture or total hip replacement patients with serious medical conditions that will limit participation in exercise program i.e (chest pain, myocardial infarction, cardiac surgery within 6 months)

Age

From **65 years** old to **75 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Investigator
- Outcome assessor

Sample size

Target sample size: **95**

Actual sample size reached: **113**

Randomization (investigator's opinion)

Randomized

Randomization description

The subjects will be randomly assigned to one of two groups by using a table of random numbers generated the randomization sequence, using a restricted randomization scheme to assure equal numbers in each group. Random allocation to all groups will be ensured, from all study personnel and participants by entry of data into computer randomization program immediately.

Blinding (investigator's opinion)

Triple blinded

Blinding description

Patient, investigator and assessor all will be blind in this study. Patient did not know which group he belongs to, investigator and assessor did not know which treatment is given to which group

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

research ethical committee (REC)

Street address

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

City

Lahore

Postal code

0423

Approval date

2021-03-19, 1399/12/29

Ethics committee reference number

RCRS-RE-PHD-RS/Fall19/127

Health conditions studied

1

Description of health condition studied

Healthy geriatric population

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

posture, balance(static, dynamic)

Timepoint

interventional

Method of measurement

Global postural system

Secondary outcomes

1

Description

• TUG test• Tragus to wall test.• Mini BESTest.

Timepoint

interventional

Method of measurement

descrptive

Intervention groups

1

Description
Intervention group: The patients in this group will receive exercise program of 1 hour. The exercise program will consist of warm up period, an exercise session, and stretching exercises & cool down period twice weekly for 24 weeks.
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
university institute of physical therapy, university of Lahore, Lahore
Full name of responsible person
Filza shoukat
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Riphah International University
Full name of responsible person
Riphah International University
Street address
28-M, Quaid-e Azam, Industrial Estate Kot Lakhpat, Lahore
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Phone
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Email
admissions@riphah.edu.pk
Web page address
https://www.riphah.edu.pk/lahore/
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
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
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
Riphah International University
Full name of responsible person
filza shoukat
Position
assistant professor
Latest degree
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Other areas of specialty/work
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filza shoukat

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Latest degree

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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

No - There is not 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

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

Effects of multi-segmental individual-based exercise approach on postural dysfunction among geriatric population.”

When the data will become available and for how long

after the publication

To whom data/document is available

for other researchers

Under which criteria data/document could be used

for research only

From where data/document is obtainable

Riphah international university

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

request to sponsor party

Comments