

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 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

+92 42 111 865 865

Email address

filza.shaukat@uipt.uol.edu.pk

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
 descriptive

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

Street address

house no 244 93 Ali Street Shakir Road icchra lhr

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Email

filza.shaukat@uipt.uol.edu.pk

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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lahore

Postal code

54000

Phone

+92 42 111 747 424

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

Master

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries

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Riphah International University

Full name of responsible person

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Position

Assistant Professor

Latest degree

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Other areas of specialty/work

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Person responsible for updating data

Contact

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Full name of responsible person

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Position

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Latest degree

Master

Other areas of specialty/work

Physiotherapy

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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