

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effects of Body Weight Supported Treadmill Training along with Electrical Stimulation on Functional Ambulation, Pain and Quality Of Life in Patients with Incomplete Traumatic Spinal Cord Injury

Protocol summary

Study aim

Assessment of the impact of BWSTT in combination with electrical stimulation on functional ambulation in patients with incomplete traumatic spinal cord injuries.

Design

Three arm parallel group, randomized trial with blinded patients and data analyst. Simple randomization and concealment of the randomization sequence was performed using R software.

Settings and conduct

This single center study includes 81 patients having incomplete traumatic spinal cord injuries. The patients will be randomly divided into 3 groups, namely Group I (BWSTT + ES + conventional physical therapy), Group II (BWSTT + conventional physical therapy), and Group III (conventional physical therapy only). Patients will be assessed in terms of the study outcomes before treatment and 6, 12 week after intervention.

Participants/Inclusion and exclusion criteria

Inclusion criteria Patients aged between 16-55 years Both male and female patients Patients with incomplete traumatic SCIs (ASIA scale B, C, D) Patients with stable spines and in the sub-acute rehabilitation phase Patients with mild neuropathic pain (1-3 on Visual Analogue Scale) Exclusion criteria Patients in acute phase of rehabilitation Patients with pressure sores, infections or other complications Patients with visual impairments that may impact participation in rehabilitation

Intervention groups

Intervention group 1: Participants in this group will receive body weight supported treadmill training along with electrical stimulation and conventional physical therapy. Intervention group 2: Participants in this group will receive body weight supported treadmill training and conventional physical therapy Control group: Participants in this group will receive conventional physical therapy only.

Main outcome variables

Functional ambulation, neuropathic pain level and inflammatory pain markers (CRP, IL-6, IL-2), quality of life and activities of daily living.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230615058487N1**

Registration date: **2023-07-29, 1402/05/07**

Registration timing: **registered_while_recruiting**

Last update: **2023-07-29, 1402/05/07**

Update count: **0**

Registration date

2023-07-29, 1402/05/07

Registrant information

Name

Amir Zeb

Name of organization / entity

Riphah International University

Country

Pakistan

Phone

+92 91 9217597

Email address

amir_zeb45@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-05-13, 1402/02/23

Expected recruitment end date

2023-12-31, 1402/10/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of Body Weight Supported Treadmill Training along with Electrical Stimulation on Functional Ambulation, Pain and Quality Of Life in Patients with Incomplete Traumatic Spinal Cord Injury

Public title

Effects of body weight supported treadmill training along with electrical stimulation on functional ambulation, pain and quality of life in patients with incomplete traumatic-spinal cord injury.

Purpose

Other

Inclusion/Exclusion criteria**Inclusion criteria:**

Patients aged between 16-55 years Both male and female patients Patients with incomplete traumatic SCIs (ASIA scale B, C, D) Patients with stable spines Patients in the sub-acute rehabilitation phase Patients with mild neuropathic pain (1-3 on VAS)

Exclusion criteria:

Patients in acute phase of rehabilitation Patients with pressure sores, infections or other complications Patients with visual impairments that may impact participation in rehabilitation

Age

From **16 years** old to **55 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Data analyser

Sample size

Target sample size: **81**

Randomization (investigator's opinion)

Randomized

Randomization description

The patients were randomly assigned to three groups. The randomization process for assigning participants to these groups was performed using R software, ensuring a randomized distribution of patients among the three treatment groups. Group I: Participants in this group were designated to receive Body Weight Supported Treadmill Training (BWSTT) along with electrical stimulation (ES) in addition to conventional physical therapy. Group II: Participants in this group were assigned to receive BWSTT and conventional physical therapy. Group III: Participants in this group were assigned to receive conventional physical therapy only.

Blinding (investigator's opinion)

Double blinded

Blinding description

A double-blind design was implemented to minimize bias and ensure the integrity of the research. The blinding process began with the invitation and recruitment of patients to participate in the study. During this stage, the patients were unaware of the specific treatment group they would be assigned to. The blinding will be maintained by not disclosing any information regarding the intervention groups. Following the recruitment phase, the patients were divided into their respective intervention groups, namely Group I (BWSTT + ES + conventional physical therapy), Group II (BWSTT + conventional physical therapy), and Group III (conventional physical therapy only). The allocation of patients into these groups was carried out by an independent individual not involved in the direct treatment or assessment of participants. This individual was also blinded to the nature of the interventions. The data analyst responsible for analyzing the collected data will remain unaware of the participants' group assignments and the specific treatments received by each group. This individual will be conducting the analysis without any knowledge that could potentially bias the interpretation of the results. By employing a double-blind approach, both the patients and the data analyst were kept unaware of the treatment allocations. This blinding methodology prevents potential biases from influencing the results, thereby enhancing the scientific validity and reliability of our study.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Research & Ethics committee of College of Rehabilitation and Allied Health Sciences(FRAHS)

Street address

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

City

Lahore

Postal code

2023

Approval date

2023-03-07, 1401/12/16

Ethics committee reference number

REC/RCR& AHS/1011

Health conditions studied

1

Description of health condition studied

Spinal cord injury

ICD-10 code

T09.3

ICD-10 code description

Injury of spinal cord, level unspecified

Primary outcomes

1

Description

Functional ambulation

Timepoint

Before intervention and , 6 ,12 week after intervention

Method of measurement

Walking Index for Spinal Cord Injuries-II, Spinal Cord Independence Measure (SCIM), 6-Minute Walk Test (6MWT) and 10-Meter Walk Test

Secondary outcomes

1

Description

Neuropathic pain level and inflammatory pain markers, and Quality Life Index for spinal cord injury

Timepoint

Before intervention and 6,12 weeks after intervention

Method of measurement

Visual Analog Scale (VAS), Neuropathic Pain Diagnostic Questionnaire along with blood tests and Quality Life Index for spinal cord injury

Intervention groups

1

Description

Intervention group 1: This Intervention group will receive BWSTT along with electrical stimulation (ES) and conventional physical therapy.

Category

Treatment - Devices

2

Description

Intervention group 2: This Intervention group will receive BWSTT and conventional physical therapy.

Category

Treatment - Devices

3

Description

Control group: This control group will receive conventional physical therapy only.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Paraplegic Center

Full name of responsible person

Dr. Amir Zeb

Street address

Sector P 1, Street 10, Phase 4

City

Peshawar

Postal code

25000

Phone

+92 334 9143682

Email

amir_zeb45@yahoo.com

Web page address

<https://paraplegiccenter.org/>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Paraplegic Center

Full name of responsible person

Ilyas syed

Street address

Sector P 1, Street 10, Phase 4

City

Peshawar

Postal code

25000

Phone

+92 301 8848845

Email

ilyassyed1@yahoo.com

Grant name

Grant code / Reference number

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

No

Title of funding source

PhD sponsorship

Proportion provided by this source

80

Public or private sector

Public

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 College of Rehabilitation & Allied Health Sciences

Full name of responsible person

Dr. Amir Zeb

Position

PhD Scholar

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

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

City

Lahore

Province

Punjab

Postal code

2023

Phone

+92 42 111 747 424

Email

amir_zeb45@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Riphah college of rehabilitation and allied health sciences Lahore

Full name of responsible person

Dr. Muneeb Iqbal

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Physiotherapy

Street address

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

City

Lahore

Province

Punjab

Postal code

2023

Phone

+92 42 111 747 424

Email

muneeb.iqbal@riphah.edu.pk

Person responsible for updating data

Contact

Name of organization / entity

Riphah college of rehabilitation and allied health sciences

Full name of responsible person

Dr. Amir Zeb

Position

PhD scholar

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

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

City

Lahore

Province

Punjab

Postal code

2023

Phone

+92 91 9217902

Email

amir_zeb45@yahoo.com

Web page address

<https://www.riphah.edu.pk/faculty-of-rehabilitation-and-allied-health-sciencesfrahs/>

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

Ethical concerns

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not 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