

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

COMPARATIVE EFFECTS OF MOTOR RELEARNING PROGRAM AND ACTION OBSERVATION THERAPY ON BALANCE AND GAIT IN CHRONIC STROKE PATIENTS.

Protocol summary

Study aim

The aim of the study is to compare the effects of Motor Relearning program and Action Observation therapy on balance and gait in chronic stroke patients.

Design

study design is Randomized control trial

Settings and conduct

DHQ hospital sahiwal

Participants/Inclusion and exclusion criteria

- Those who were diagnosed with cerebral hemorrhage and cerebral infarction based on computed tomography or magnetic resonance imaging.
- Both male and female
- Patients age 50-70 years
- Chronic stroke patients (after 6 months of first stroke)
- Medically stable patients having a single stroke
- No visual field defects
- No abnormality in the vestibular organs
- A score greater than 24-30 in mini-mental test
- Patients that will be able to fulfill and comprehend the command.
- 2-4 muscle power in the affected side (Medical Research Council-MRC Muscle scale 2-4)
- exclusion criteria:
- Patients with orthopedic diseases (such as contracture) in the trunk and both lower extremity.
- History of fall in last 6 months
- A history of other neurological diseases or disorders (Multiple Sclerosis, Parkinson's)
- Manual muscle testing below grade II
- Those who are receiving other related therapy through the study, which may affect the efficacy of this study;
- Those with any contraindications to start rehabilitation (i.e. severe uncontrolled hypertension, uncontrolled diabetes or unstable angina)

Intervention groups

Group A will receive intervention Motor Relearning Program with conventional treatment and Group B will receive Action Observation Therapy with conventional treatment. All participants will receive interventions for 35-40 minutes per session, three times a week, for eight weeks.

Main outcome variables

Balance and Gait

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20231015059732N1**

Registration date: **2023-10-28, 1402/08/06**

Registration timing: **registered_while_recruiting**

Last update: **2023-10-28, 1402/08/06**

Update count: **0**

Registration date

2023-10-28, 1402/08/06

Registrant information

Name

Ayesha Nazir

Name of organization / entity

Riphah International University

Country

Pakistan

Phone

+92 46 95995061

Email address

ayeshanazir670@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-08-01, 1402/05/10

Expected recruitment end date

2023-12-01, 1402/09/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

COMPARATIVE EFFECTS OF MOTOR RELEARNING PROGRAM AND ACTION OBSERVATION THERAPY ON BALANCE AND GAIT IN CHRONIC STROKE PATIENTS.

Public title

MOTOR RELEARNING PROGRAM AND ACTION OBSERVATION THERAPY FOR STROKE PATIENTS

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Those who were diagnosed with cerebral hemorrhage and cerebral infarction based on computed tomography or magnetic resonance imaging. Both male and female Patients age 50-70 years Chronic stroke patients (after 6 months of first stroke) Medically stable patients having a single stroke No visual field defects No abnormality in the vestibular organs A score greater than 24-30 in minimal test Patients that will be able to fulfill and comprehend the command. 2-4 muscle power in the affected side (Medical Research Council-MRC Muscle scale 2-4

Exclusion criteria:

Patients with orthopedic diseases (such as contracture) in the trunk and both lower extremity History of fall in last 6 months A history of other neurological diseases or disorders (Multiple Sclerosis, Parkinson's)• Manual muscle testing below grade II Those who are receiving other related therapy through the study, which may affect the efficacy of this study Those with any contraindications to start rehabilitation (i.e. severe uncontrolled hypertension, uncontrolled diabetes or unstable angina)

Age

From **50 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Data analyser

Sample size

Target sample size: **34**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple randomization method by using a table of random numbers

Blinding (investigator's opinion)

Double blinded

Blinding description

participants and data analyzer will be blind in this study

Placebo

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ethics committee of Riphah International University

Street address

Riphah international university Gulberg 3 campus
Lahore

City

Lahore

Postal code

54660

Approval date

2023-08-03, 1402/05/12

Ethics committee reference number

REC/RCR & AHS/23/0249

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

Stroke

ICD-10 code

G46.4

ICD-10 code description

Cerebellar stroke syndrome

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

Balance & Gait

Timepoint

pre intervention and post intervention

Method of measurement

by using Berg balance scale, 10-m walk test and timed up and go test

Secondary outcomes

empty

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

Intervention group: Group A

Category

Treatment - Other

2

Description

Intervention group: Group B

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

District head quarter hospital Sahiwal

Full name of responsible person

DR sherazi

Street address

DHQ hospital Road sahiwal

City

sahiwal

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57000

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Email

ayeshanazir670@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Riphah international university

Full name of responsible person

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Grant name

Grant code / Reference number

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

No

Title of funding source

research fund

Proportion provided by this source

2

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

Ayesha Nazir

Position

Student

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Other areas of specialty/work

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Person responsible for updating data

Contact

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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

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/documentCOMPARATIVE EFFECTS OF MOTOR RELEARNING
PROGRAM AND ACTION OBSERVATION THERAPY ON
BALANCE AND GAIT IN CHRONIC STROKE PATIENTS.**When the data will become available and for how long**

starting 6 months after publication

To whom data/document is available

dr sana riaz

Under which criteria data/document could be used

dr sana riaz

From where data/document is obtainable

Dr SANA RIAZ

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

CONTACT DR SANA RIAZ

Comments

N/A