Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effect of Foot Reflexology on physiological parameters of stroke patients

Protocol summary

Summary
Stroke is a sudden sense of loss of brain function due to disturbance in part of the brain's blood supply. Signs of reduced blood supply to the brain is the change in physiological parameters. It is necessary to use non-invasive and non-medical ways to sustain physiological parameters. One of these methods is foot reflexology massage. This study is performed to determine the effects of foot reflexology massage on physiological parameters, including temperature, pulse rate, blood pressure, respiration and oxygen saturation in patients with stroke. In this before-after clinical trial, according to census method, 50 patients will be selected with definite diagnosis of stroke, GCS higher than 7 and no hemodynamic disorders and meeting all other inclusion criteria. In this study, foot reflexology massage will be performed during 3 times a week for 6 consecutive weeks on all of the samples. Physiological parameters were controlled in the patients, 10 minutes before of foot reflexology massage, and immediately, 10 and 30 minutes after the intervention.

General information

Acronym
IRCT registration information
IRCT registration number: **IRCT201112248499N1**
Registration date: **2012-02-16, 1390/11/27**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**
Registration date
2012-02-16, 1390/11/27

Registrant information
Name
Atefeh Dehnoalian
Name of organization / entity
Gonabad University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 53 3722 3028
Email address
dehnoalian.a@gmu.ac.ir

Recruitment status
Recruitment complete
Funding source
Research deputy, Gonabad Medical University

Expected recruitment start date
2012-01-21, 1390/11/01
Expected recruitment end date
2012-04-20, 1391/02/01
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Effect of Foot Reflexology on physiological parameters of stroke patients

Public title
Effect of Foot Reflexology on stroke patients
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion Criteria: a definite diagnosis of stroke; GCS higher than 7; are not suffering from vascular disorders, arrhythmias, lower limb amputation; do not suffer from ulcers, infections and skin disease in legs; presence of the heart rate over 60 beats per minute and systolic blood pressure above 90 mmHg and temperatures of 36.5 °C, to be satisfied with the intervention Exclusion criteria: sensitivity to foot massage, any impairment of physiological parameters during the intervention
Age
No age limit

Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **50**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Gonabad University of Medical Sciences
Street address
Gonabad University of Medical Sciences, Next to the Asian Road, Gonabad, Khorasan Razavi
City
Gonabad
Postal code
397
Approval date
2011-12-10, 1390/09/19
Ethics committee reference number
90/7/3

Health conditions studied

1

Description of health condition studied
stroke- physiologic parameter
ICD-10 code
I64
ICD-10 code description
Stroke, not specified as haemorrhage or infarction

Primary outcomes

1

Description
physiologic parameter
Timepoint
pre and post (reflexology)
Method of measurement
sphangomanometer- thermometer- oximeter pulse

Secondary outcomes

empty

Intervention groups

1

Description
Massage is done in the toe area for 15 minutes for each leg. Physiological parameters will be controlled 10 minutes before the massage, right after and 10 and 30 minutes after the massage.
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Gonabad University of Medical Sciences
Full name of responsible person
Dehnoalian Atefeh
Street address
Gonabad University of Medical Sciences, Next to the Asian Road, Gonabad, Khorasan Razavi
City
Gonabad

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Research Deputy, Gonabad University of Medical Sciences
Full name of responsible person
Ali Ekrami
Street address
Gonabad University of Medical Sciences, Next to the Asian Road, Gonabad, Khorasan Razavi
City
Gonabad
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Research Deputy, Gonabad University of Medical Sciences
Proportion provided by this source
100
Public or private sector
empty

Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

Contact
Name of organization / entity
Gonabad University of Medical Siences
Full name of responsible person
Dehnoalian Atefeh
Position
MSc.Student in Medical Surgical Nursing
Other areas of specialty/work
Street address
Gonabad University of Medical Sciences, Next to the Asian Road, Gonabad, Khorasan Razavi
City
Gonabad
Postal code
397
Phone
+98 53 3722 3028
Fax
+98 53 3722 3814
Email
dehnoalian.a@gmu.ac.ir
Web page address
www.gmu.ac.ir

Person responsible for scientific inquiries

Contact
Name of organization / entity
Gonbad University of Medical Sciences
Full name of responsible person
Dehnoalian Atefeh
Position
MSc.Student in Medical Surgical Nursing
Other areas of specialty/work
Street address
Gonabad University of Medical Sciences, Next to the Asian Road, Gonabad, Khorasan Razavi
City
Gonabad
Postal code
397
Phone
+98 53 3722 3028
Fax
+98 53 3722 3814
Email
dehnoalian.a@gmu.ac.ir
Web page address
www.gmu.ac.ir

Person responsible for updating data

Contact
Name of organization / entity
Gonabad University of Medical Sciences
Full name of responsible person
Dehnoalian Atefeh
Position
MSc.Student in Medical Surgical Nursing
Other areas of specialty/work
Street address
Gonabad University of Medical Sciences, Next to the Asian Road, Gonabad, Khorasan Razavi
City
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Postal code
397
Phone
+98 53 3722 3028
Fax
+98 53 3722 3814
Email
dehnoalian.a@gmu.ac.ir
Web page address
www.gmu.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty