# Physical therapy, Quality Of Life, and Activity of Daily Living in patients with Parkinson's Disease: a randomised trial

Submission date	Recruitment status	Prospectively registered		
10/07/2008	No longer recruiting	☐ Protocol		
Registration date	Overall study status	Statistical analysis plan		
21/07/2008	Completed	[X] Results		
Last Edited	Condition category	Individual participant data		
20/08/2009	Nervous System Diseases			

#### Plain English summary of protocol

Not provided at time of registration

#### Contact information

#### Type(s)

Scientific

#### Contact name

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#### Contact details

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### Additional identifiers

**Protocol serial number** N/A

# Study information

Scientific Title

#### Acronym

QOLADLPD

#### **Study objectives**

Physical therapy would be effective in improving quality of life and activity of daily living in patients with Parkinson's disease.

#### Ethics approval required

Old ethics approval format

#### Ethics approval(s)

Ethics approval received from the Ethics Committee of Razi University in December 2006.

#### Study design

Randomised controlled trial

#### Primary study design

Interventional

#### Study type(s)

Quality of life

#### Health condition(s) or problem(s) studied

Parkinson's disease

#### Interventions

After randomisation, both groups continued to receive their routine pharmacological treatment. The pharmacological treatment for both groups were the same. The intervention group received physical therapy.

The physical therapy duration was 10 weeks. Patients in intervention group came to the clinic 4 days a week. Each physical therapy session lasted 1 hour beginning with 10 minutes warm-up, and 45 minutes postural, stretching, and strengthening exercises recommended for PD patients. The session was ended with 5 minutes relaxation and breathing training.

#### Intervention Type

Other

#### Phase

**Not Specified** 

#### Primary outcome(s)

Quality of life (QOL) measured using the Parkinson's Disease Quality of Life (PDQL) questionnaire at baseline (after randomisation) and follow-up (after physical therapy - 12 weeks after randomisation).

#### Key secondary outcome(s))

Activity of Daily Living (ADL) measured using the ADL subscale of the Short Parkinson's Evaluation Scale/Scales for Outcomes in Parkinson's disease (SPES/SCOPA) at baseline (after randomisation) and follow-up (after physical therapy - 12 weeks after randomisation).

#### Completion date

01/12/2007

# **Eligibility**

#### Key inclusion criteria

- 1. Confirmed diagnosis of Parkinson's disease
- 2. Aged equal to or less than 65 years (male only)
- 3. Stage 2 or 3 Hoehn and Yahr scale
- 4. No cardiovascular, orthopaedic or other neurological disease
- 5. No cognitive impairment

#### Participant type(s)

**Patient** 

#### Healthy volunteers allowed

No

#### Age group

Adult

#### Sex

Male

#### Key exclusion criteria

Does not comply with the above inclusion criteria

#### Date of first enrolment

01/01/2007

#### Date of final enrolment

01/12/2007

#### Locations

#### Countries of recruitment

Iran

# Study participating centre Iranian Institute for Health Sciences Research

Tehran

Iran

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# Sponsor information

#### Organisation

Razi University (Iran)

#### **ROR**

https://ror.org/02ynb0474

# Funder(s)

#### Funder type

University/education

#### Funder Name

Razi University (Iran)

Alternative Name(s)

#### **Funding Body Type**

Government organisation

#### Funding Body Subtype

Local government

#### Location

Iran

# **Results and Publications**

Individual participant data (IPD) sharing plan

#### IPD sharing plan summary

Not provided at time of registration

#### **Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	11/08/2009		Yes	No