Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Effect three methods of Pilates, yoga and active commone exercise on range of motion, edema upper extremity in patients with breast cancer after mastectomy

Protocol summary

Summary

Objective: This study aimed, effect three methods of yoga, Pilates and Akty commone on range of motion and edema upper extremity and body image of women following mastectomy was performed. Research methods: A quasi-experimental trial, 60 women with breast cancer only one side of the body had been surgically modified radical mastectomy, randomly divided into three groups: yoga, Pilates and Aktyvrayj were. Group yoga for two weeks at the time of admission, 15 sessions of Yoga Asana Yoga practice consists of five movements performed. Pilates group mat Pilates exercises and at the same time and Aktyv common group performed five upper limb motion. Primary outcomes were: range of motion, the left upper extremity surgery and body image of patients before and after intervention were measured.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013020712078N2**
Registration date: **2013-03-09, 1391/12/19**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2013-03-09, 1391/12/19

Registrant information

Name

Maryam Ghorbani

Name of organization / entity

Azad

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Islamic Azad University Branch Central Tehran

Expected recruitment start date

2012-04-19, 1391/01/31

Expected recruitment end date

2012-10-21, 1391/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect three methods of Pilates, yoga and active commone exercise on range of motion, edema upper extremity in patients with breast cancer after mastectomy

Public title

Effect three methods of Pilates , yoga and aktyv commone exercises in the treatment of complications surgery breast cancer

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: Women with breast cancer Exclusion criteria: Women with breast cancer on both sides; Women with other diseases; Women above 55 years and below 20 years

Age

From **20 years** old to **55 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Sciences Welfare and Rehabilitation University

Street address
St. kodakyari, Velenjak Street, Tehran.

City
Tehran

Postal code

Approval date
2011-09-23, 1390/07/01

Ethics committee reference number
1-23-26

Health conditions studied

1

Description of health condition studied
Breast cancer

ICD-10 code
C50.6

ICD-10 code description
Axillary tail of breast

Primary outcomes

1

Description
Range of motion

Timepoint
Before and After Intervention

Method of measurement
With Goniometer

2

Description
Edema

Timepoint
Before and After Intervention

Method of measurement
Tape

Secondary outcomes

empty

Intervention groups

1

Description
Pilates exercises in Pilates group for 15 sessions conducted

Category
Rehabilitation

2

Description
Yoga asana in yoga group for 15 sessions conducted

Category
Rehabilitation

3

Description
Active commone group for 15 sessions physiotherapy exercises performed.

Category
Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Cancer Institute

Full name of responsible person

Street address

City
Theran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University Branch Central Tehran

Full name of responsible person
Yahya Sokhangouei

Street address
Sanhat Square
City
Theran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Islamic Azad University Branch Central Tehran
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
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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