

Clinical Trial Details

CTRI Number	CTRI/2025/03/083260 [Registered on: 24/03/2025] - Trial Registered Prospectively																	
Last Modified On	21/03/2025																	
Post Graduate Thesis	No																	
Type of Trial	Interventional																	
Type of Study	Physiotherapy (Not Including YOGA)																	
Study Design	Randomized, Parallel Group, Active Controlled Trial																	
Public Title of Study	Community-based Multimodal Exercise Programs (CMEP) on Physical Performance, Fall prevention and Quality of life for Older Adults																	
Scientific Title of Study	A Randomised Clinical Trial Comparing Two Community-based Multimodal Exercise Programs (CMEP) on Physical Performance, Fall prevention and Quality of life for Older Adults																	
Secondary IDs if Any	<table><tr><th>Secondary ID</th><th>Identifier</th></tr><tr><td>NIL</td><td>NIL</td></tr></table>		Secondary ID	Identifier	NIL	NIL												
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Name	Abid Hasan Khan
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Source of Monetary or Material Support

Source
Department of Physiotherapy and Rehabilitation, Jashore University of Science and Technology (JUST), Jashore-7408, Bangladesh.

Primary Sponsor

Primary Sponsor Details	
Name	Kazi Md Azman Hossain
Address	Jashore University of Science and Technology (JUST), Jashore-7408, Bangladesh.
Type of Sponsor	Other [self-funded]

Details of Secondary Sponsor

Name	Address
Jashore University of Science and Technology JUST	Jashore-7408, Bangladesh.

Countries of Recruitment

List of Countries
Bangladesh

Sites of Study

Principal Investigator	Site Name	Address	Contact
Suraiya Yesmin Sharna	Department of Physiotherapy and Rehabilitation, Jashore University of Science and Technology (JUST)	Room no: 306, 2nd Floor, Department of Physiotherapy and Rehabilitation, Jashore University of Science and Technology (JUST), Jashore 7408, Bangladesh. Not Applicable, N/A	01786395080

Details of Ethics Committee

Name	Approval Status
Institutional Review Board of Department of Physiotherapy and Rehabilitation	Approved

Regulatory Clearance Status from DCGI

Status
Not Applicable

Health Condition / Problems Studied

Health Type	Condition
Healthy Human Volunteers	Older adults

Intervention / Comparator Agent

Type	Name	Details
Intervention	CMEP-I: Sensorimotor exercise group (8-week)	CMEP-I focuses on improving balance and proprioception through six sensorimotor exercises for 8-week, including

		single-leg stance, wobble board training, star excursion balance exercises, tandem walking, colored path exercises, and obstacle navigation. The sessions progress in difficulty over three stages, performed three times per week for 8 weeks, with each session lasting approximately 60 minutes, including warm-up, cool-down and aerobic exercise.
Comparator Agent	CMEP-II: Strengthening exercise group (8-week)	CMEP-II emphasizes muscular strength through resistance exercises using TheraBands for 8-week, bridging exercises, and aerobic training. Participants perform hip, knee, and ankle resistance exercises with increasing intensity (Yellow, Red, Green bands) and progressive bridging techniques. The protocol follows a similar structure to CMEP-I, with 24 sessions over 8 weeks (3 sessions per week), gradually increasing repetitions and resistance.

Inclusion Criteria

Inclusion Criteria	
Age From	60.00 Year(s)
Age To	80.00 Year(s)
Gender	Both
Details	Individuals will be included in this trial if (1) men or women community-dwelling older adults aged 60-80 years, (2) physical independence level at least 18 points according to a 12-item Composite Physical Function (CPF) scale, (3) able to walk without walking aids, (4) Mini-Mental Status Examination (MMSE) score at least 18.

Exclusion Criteria

Exclusion Criteria	
Details	Individuals will be excluded if (1) severe visual disturbances, (2) any soft tissues or joint injury, fractures within the last three months, (3) severe heart disease diagnosis or uncontrolled systemic arterial hypertension, (4) cancer diagnosis and receiving palliative care, (5) taking psychotropic, antiarrhythmic, or hypnotic drugs.

Method of Generating Random Sequence

Computer generated randomization

Method of Concealment

On-site computer system

Blinding/Masking

Participant and Outcome Assessor Blinded
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Primary Outcome

Outcome	Timepoints
physical performance, fall prevention, and quality of life using a Short Physical Performance Battery (SPPB), Falls Efficacy Scale-International (FES-I), and 36-item Short Form Survey (SF-36)	At baseline, post-test after 8-week, and follow-up after 24-week

Secondary Outcome

Outcome	Timepoints
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	N/A	N/A
Target Sample Size	Total Sample Size: 140 Sample Size from India: 0 Final Enrollment (Total): Applicable only for Completed/Terminated trials Final Enrollment (India): Applicable only for Completed/Terminated trials	
Phase of Trial	N/A	
Date of First Enrollment (India)	07/04/2025	
Date of First Enrollment (Global)	07/04/2025	
Date of Study Completion (India)	//	
Date of Study Completion (Global)	//	
Estimated Duration of Trial	Years: 0, Months: 10, Days: 0	
Recruitment Status (Global)	Not Yet Recruiting	
Recruitment Status (India)	Not Yet Recruiting	
Publication Details	N/A	
Brief Summary	This randomized clinical trial compares two community-based multimodal exercise programs—sensorimotor and strengthening exercises—in improving physical performance, fall prevention, and quality of life in older adults. A total of 140 participants will be randomly assigned to either intervention for 8 weeks, followed by a 24-week follow-up. Primary outcomes include physical function (SPPB), fall risk (FES-I), and quality of life (SF-36). Findings will guide evidence-based recommendations for promoting active aging and functional independence. Ethical approval has been obtained, and results will be disseminated through peer-reviewed publications and international conferences.	