Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Evaluation of Combination therapy "SNAG - Lumbar Stabilization Exercise" treatment versus Stabilizing Exercises on improving pain, range of motion , functional disability and postural stability in patients with chronic non-specific low back pain.

Protocol summary

Study aim

Evaluation and comparison of the combined treatment method of"lumbar SNAGS_stabilizing exercise"on improving pain,disability and postural control in patients with nonspecific chronic low back pain after 6 treatment session

Design

Target sample size will be include 10 healthy subjects and 20 subjects with low back pain . Subjects with low back pain will be allocated in two type intervention groups.

Settings and conduct

After entering the subjects, 20 patients with low back pain and 10 healthy subjects completely matched with patients , to the study,then the patients will divide into two intervention groups according to the inclusion and exclusion criteria. As "pre test" changes in the range of motion ,pain and balance in the two groups of patients and the only balance parameters in the healthy people will measure . Then, the patients will enter into one of two 6-day treatment regimens for two weeks.The one day after last session of the treatment period, the same evaluations will then repeated as post test.

Participants/Inclusion and exclusion criteria

Inclusion criteria:having age between 25 to 50 years , pain in lumbar during extension between 3- 6 in sitting position(as visual analog scale). Presence of positive PILL response(pain free,Immediate,Long Lasting). Having disability as Oswestry questionnaire(20%_40%).
Exclusion criteria: having a disc protrusion in any lumbar level and radicular pain to the legs(under knee) ,Unwillingness to continue treatment and losing any of the inclusion criteria.

Intervention groups

Applying a lumbar mobilization technique (SNAGS) with stabilizing exercise in the one group and stabilizing exercise in the second group of subjects with chronic low back pain, and no intervention In healthy matched subjects.

Main outcome variables

Postural control, Pain, Functional disability, Range of motion.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20090203001637N9**
Registration date: **2018-05-20, 1397/02/30**
Registration timing: **retrospective**

Last update: **2018-05-20, 1397/02/30**
Update count: **0**

Registration date

2018-05-20, 1397/02/30

Registrant information

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Recruitment status

Recruitment complete

Funding source

tarbiat modares university

Expected recruitment start date
2017-09-23, 1396/07/01
Expected recruitment end date
2018-05-19, 1397/02/29
Actual recruitment start date
2017-07-01, 1396/04/10
Actual recruitment end date
2017-09-21, 1396/06/30
Trial completion date
empty

Scientific title
Evaluation of Combination therapy "SNAG - Lumbar Stabilization Exercise" treatment versus Stabilizing Exercises on improving pain, range of motion , functional disability and postural stability in patients with chronic non-specific low back pain.

Public title
Study and comparison of two therapeutic exercise approach with and without manual therapy on improving pain, range of motion , functional disability and balance in patients with low back pain.
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Having age between 25 to 50. Having at least high school diploma education. Having chronic non-specific chronic back pain for more than three months without neurological deficit. Having body mass index between 20 to 25 (kg/m2). Having localized pain at the waist level between 3 to 6 as VAS (Visual Analog Scale 0-10 centimeter) , during lumbar extension in sitting position on test day. Having positive PILL Response scale(pain free ,immediate ,long lasting) as Mulligan concept. having functional disability between 20-40 % as Oswestry questionnaire.
Exclusion criteria:
Having history of trauma,surgery in back or stomach ,fracture in vertebral spine . having any sign and symptom of pressure on cauda equinq nerve. Presence of pregnancy, infection, tumor, inflammation and swelling, osteoporosis, rheumatism, systemic and neuromuscular diseases. Having any deformity in vertebral spine. Having a history of physical therapy for back pain in the last 3 months. Use of analgesics. Presence of disk protrusions (based on MRI) and diagnosis of orthopedic surgeon. Presence of referral pain from lumbar to under the legs or the knees. Losing any of inclusion criteria.
Age
From **25 years** old to **50 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Participant

Sample size
Target sample size: **30**
Actual sample size reached: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
Randomization method is performed by simple randomization with random numbers.
Blinding (investigator's opinion)
Single blinded
Blinding description
Participants were aware of two methods of interventions, but they were blind to the type of treatment intervention used for them .
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Tarbiat Modares University
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Tarbiat Modares University , Nasr bridge , Jalal e al e ahmad street , Tehran
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Approval date
2017-06-28, 1396/04/07
Ethics committee reference number
IR.TMU.REC.1396.581

Health conditions studied

1

Description of health condition studied
patients with nonspecific chronic low back pain
ICD-10 code
M54.5
ICD-10 code description
Low back pain

Primary outcomes

1

Description
Balance
Timepoint
Pre-post of the interventions in the first session and a

day after the last session(seventh session)last session(seventh session)

Method of measurement

Force plate system

Secondary outcomes

1

Description

Functional disability

Timepoint

Pre-post of the interventions in the first session and a day after the last session(seventh session)

Method of measurement

Oswestry Questionaire

2

Description

Pain in lumbar spine

Timepoint

Pre-post of the interventions in the first session and a day after the last session(seventh session)

Method of measurement

Visual analog scale (VAS)

3

Description

Range of motion of lumbar vertebral

Timepoint

Pre-post of the interventions in the first session and a day after the last session(seventh session)

Method of measurement

Modified modified Schober method

Intervention groups

1

Description

Combination of Mulligan Mobilization with Stabilization Exercise

Category

Rehabilitation

2

Description

Intervention group:Stabilization Exercise protocol

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Physical Therapy Department of Shariati hospital

Full name of responsible person

Sedighe Kahrizi

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Sponsors / Funding sources

1

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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?

Yes

Title of funding source

Research deputy of Tarbiat Modares University

Proportion provided by this source

100

Public or private sector

Public

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

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Full name of responsible person

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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
Not applicable
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Not applicable
Data Dictionary
Not applicable
Title and more details about the data/document
File of Intervention program protocol and Statistical analysis plan through publication of thesis or writing an article.
When the data will become available and for how long
Starting 6 months after publication of results.
To whom data/document is available
Research team of this study and other clinical academic researchers who are studying in favor of these patients.
Under which criteria data/document could be used
Researchers who intend to write a meta-analysis or systematic review articles are allowed to access documents.
From where data/document is obtainable
Dr.Sedighe Kahrizi(kahrizis@modares.ac.ir) Mehrnoosh Danaeifar(mehrnoosh.danaeifar92@gmail.com)
What processes are involved for a request to access data/document
The request will be responsed after getting the approval of university or the Academic Institution.
Comments