Clinical Trial Protocol
Iranian Registry of Clinical Trials

10 Jun 2026

Investigation the effect of stabilization exercises on pain, disability and pelvic floor muscles activity in patients with postpartum lumbopelvic pain: A Randomized Clinical Trial

Protocol summary

Summary

Objectives: Investigation of the effect of stabilization exercises on pain, disability and pelvic floor muscles activity in patients with postpartum lumbopelvic pain Design: In this randomized controlled trial (phase 2), 36 women with postpartum lumbopelvic pain were selected through nonprobability simple sampling and were assigned randomly to 2 groups by using consecutive assignment, Stabilization exercises(18 subjects) and Control group(18 subjects). Setting: This randomized clinical trial was performed in Zahedan University of Medical Sciences, from September 2015 to February 2016. Inclusion criteria: age more than 18 years old; pain located betweeen costal margin to gluteal fold with or without radiation to lower limbs; onset of pain during pregnancy or after delivery; history of delivery at least 3 months ago. Exclusion criteria: history of fracture; neoplasm; intervertebral disk pathology or radiculopathy; spondylolysis or spondylolysthesis; ongoing pregnancy; treatment with specific stabilisation exercise during previous 3 months. Sample size: 36 subjects(18 person in control group and 18 person in training group). Intervention group: physical therapy with specific stabilization exercises in training group for 6 weeks (18 sessions every other day). control group: physical therapy without stabilization exercises in control group for 6 weeks(18 sessions every other day). Outcomes:Variables were include of pain, disability, pelvic floor muscle activity that measured one day before of the intervention and one day after the intervention. the pain intensity is measured using Visual Analog Scale(VAS) the disability is measured using Oswestry Disability Index(ODI) The pelvic floor muscle activity is measured using Transabdominal approach of ultrasound imaging. in this approach bladder wall displacement was measured as a function of the pelvic floor muscles at rest and during maximal contraction.

General information

Acronym

-

IRCT registration information

IRCT registration number: **IRCT2016053128186N1**
Registration date: **2016-08-18, 1395/05/28**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-08-18, 1395/05/28

Registrant information

Name

Mohammad Hosseinifar

Name of organization / entity

Zahedan University of Medical Sciences

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Zahedan University of Medical Sciences research, Deputy of Research.

Expected recruitment start date

2015-09-23, 1394/07/01

Expected recruitment end date

2016-02-18, 1394/11/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigation the effect of stabilization exercises on pain, disability and pelvic floor muscles activity in patients with postpartum lumbopelvic pain: A Randomized Clinical Trial

Public title

The effect of stabilization exercises in postpartum lumbopelvic pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age more than 18 years old; pain located betweeen costal margin to gluteal fold with or without radiation to lower limbs; onset of pain during pregnancy or after delivery; history of delivery at least 3 months ago. Exclusion criteria: known chronic rheumatologic or Orthopedic disorders; systemic locomotor disease; history of fracture; neoplasm; intervertebral disk pathology or radiculopathy; spondylolysis or spondylolysthesis; contraindication of exercises; heart disease; diabetes; thrombophlebitis; uncontrolled epilepsy; ongoing pregnancy; treatment with specific stabilisation exercise during previous 3 months.

Age

From **18 years** old to **58 years** old

Gender

Female

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **36**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

In this clinical trial (phase 2) patients by using consecutive assignment were assigned into two groups,Stabilization exercise(18 subjects) and Control group(18 subjects).

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Zahedan University of Medical Sciences

Street address

Deputy of Research, Zahedan University of Medical Sciences, Jannat Blvd., Dr. Hesabi Sq.

City

Zahedan

Postal code

9816743463

Approval date

2015-10-11, 1394/07/19

Ethics committee reference number

IR.ZAUMS.REC1394.280

Health conditions studied

1

Description of health condition studied

Postpartum Low Back Pain

ICD-10 code

M54.9

ICD-10 code description

Dorsalgia, unspecified

Primary outcomes

1

Description

pain

Timepoint

Before and after the period of the interventions

Method of measurement

Visual Analog Scale(VAS) questionnaire

2

Description

Disability

Timepoint

Before and after the period of the interventions

Method of measurement

Oswestru Disability Index(ODI) questionnaire

3

Description

Pelvic Floor Muscle activity

Timepoint

Before and after the period of the interventions

Method of measurement

transabdominal approach of Ultrasound imaging

Secondary outcomes

empty

Intervention groups

1

Description
control group:18 sessions during 6 consecutive weeks, three times per week, per session including: Twenty minutes for receiving hot pack and TENS
Category
Rehabilitation

2

Description
Stabilization exercise group: 18 sessions during 6 consecutive weeks, three times per week, 30 or 40 minutes per session including: Twenty minutes for receiving hot pack and TENS and 10 or 20 minutes for training the exercises in 7 level : 1.Train the specific contraction of the deep abdominal muscles, multifidus and pelvic floor muscles(PFM). 2.Train the specific contraction of deep abdominal muscles with coactivation of multifidus and PFM in supine, prone, sitting, standing and quadruped position. 3. Segmental control exercises in close kinematic chain. 4. Segmental control exercises in open kinematic chain with limb loading, emphasis on abdominal muscles. 5. Segmental control exercises in open kinematic chain with limb loading, emphasis on back extensor muscles. 6. Progress exercises to functional task. 7. Coactivation of abdominal and multifidus muscles with limb loading in aerobic tasks.
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Razmjo Moghadam Physiotherapy Clinic
Full name of responsible person
Dr.Mohammad Hosseinifar
Street address
Dept. of Physiotherapy, School of Rehabilitation Sciences, Razmejo Moghadam Laboratory, Ayatoallah Kafami St.
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for Research, Zahedan University of Medical Sciences
Full name of responsible person
Dr. Hoshang rafigdost
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Deputy of Research, Zahedan University of Medical Sciences, Jannat Blvd., Dr. Hesabi Sq.
City
zahedan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice Chancellor for Research, Zahedan 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
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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