

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

Manipulation as compared with stabilization exercise in sacroiliac joint dysfunction patients

Protocol summary

Summary

The aim of present study was to compare the effects of manipulation and stabilization exercise in patients with subacute or chronic sacroiliac dysfunction. Methods: Patients with subacute and chronic sacroiliac joint dysfunction for more than 4 weeks and less than 1 year were included in the study. A total of 27 patients were randomized to either manipulation (n=14) or to stabilization exercise (n=13). The patients underwent a two week treatment program in the manual therapy group and a 4-week treatment program in stabilization therapy group. Pain, Functional Disability (Oswestry Disability Index) and sacroiliac joint Test results were recorded before and immediately after the treatment period.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138808232708N1**

Registration date: **2010-09-07, 1389/06/16**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-09-07, 1389/06/16

Registrant information

Name

Ali Ghanbari

Name of organization / entity

Shiraz University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Vice-Chancellery of Research Affairs, Shiraz University of Medical Sciences

Expected recruitment start date

2009-04-04, 1388/01/15

Expected recruitment end date

2009-08-21, 1388/05/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Manipulation as compared with stabilization exercise in sacroiliac joint dysfunction patients

Public title

A comparison between exercise therapy and manual therapy in treatment of low back pain patient with sacroiliac joint dysfunction

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: 1- age between 20- 60 years 2- subacute or chronic low back pain for more than 4 weeks, with pain localized to sacroiliac joint region .3- The diagnosis of sacroiliac dysfunction by clinical tests . Exclusion criteria:1- low back pain for more than 1 year,2- pain predominantly in cervical and thoracic pain 3- spondylosis and spondylolystesis 4-known lumbar disc herniation,5- pain below the knee ,6- a history of spinal surgery, 7- osteoporosis, 8-scoliosis,9- pregnancy, 10- malignancy, 11- low back pain less than 4 weeks (acute low back pain).

Age

From **20 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **32**

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

Ethics committee of Shiraz University of Medical Sciences

Street address

Zand street

City

Shiraz

Postal code

7194733669

Approval date

2009-06-10, 1388/03/20

Ethics committee reference number

CT- 88- 4755

Health conditions studied

1

Description of health condition studied

sacroiliac joint dysfunction

ICD-10 code

M99

ICD-10 code description

Other disorders of the musculoskeletal system and connective tissue

Primary outcomes

1

Description

functional disability level

Timepoint

before and after the treatment

Method of measurement

The Oswestry low back pain Disability Questionnaire (OSW), Each item was scored on a 0- 5 scale, and the maximum score was 50 (total score divided by total possible score multiplied by 100%).

Secondary outcomes

1

Description

pain intensity

Timepoint

before and after the treatment

Method of measurement

Visual Analogue Scales, a 100 mm scale

2

Description

Sacroiliac Joint Tests

Timepoint

before and after the treatment

Method of measurement

The results of the five tests were recorded as positive or negative values

Intervention groups

1

Description

manipulation

Category

Treatment - Other

2

Description

exercise therapy

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

School of Rehabilitation, Shiraz University of Medical Sciences

Full name of responsible person

Ali Ghanbari

Street address

Chamran Boulevard, 1th Abivardi street

City

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice-chancellery of Research affairs of Shiraz
University of Medical Sciences

Full name of responsible person

DR. Dabaghmanesh

Street address

Karimkhan Zand street

City

Shiraz

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice-chancellery of Research affairs of Shiraz 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

Name of organization / entity

School of rehabilitation

Full name of responsible person

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Position

ph.D Physiotherapy

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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