

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

The Effectiveness of Eight Weeks Suspension Training exercises than Isotonic-Isometric CORE Stabilizer in the Treatment of Diastasis Recti Abdominis in Postpartum Period.

Protocol summary

Study aim

The aim of this clinical trial is to study the effectiveness of Eight Weeks TRX Exercises than Isotonic-Isometric CORE Stabilizer in the Treatment of Diastasis Recti Abdominis in Postpartum Period.

Design

Clinical trials with control group, parallel groups, Double blind Study, randomized

Settings and conduct

Diagnosis of diastasis recti in Fatemieh Hospital and evaluation of study parameters in Sport rehabilitation laboratory of Bu-Ali Sina University in Hamedan, and exercise interventions for 8 weeks (3 sessions in week) will be under the supervision of the researcher. In this study, the evaluators, participants and data analyzers are unaware of the details.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Age ranges between 20 and 40 years, The distance between the two rectus abdominal muscles is greater than 2 cm, Above and below the umbilicus and 2.5 cm in the umbilicus area, BMI below 30, WHR Above 0/85, The number of birth above one, Exit criteria: Heart disease, Respiratory Diseases, Postpartum depression, Abdominal surgery, Anxiety and stress, Gestational Diabetes Mellitus, Smoking, exercises training before and during pregnancy,

Intervention groups

Intervention group: TRX training Intervention group: Isotonic-Isometric CORE Stabilizer training control group: No intervention

Main outcome variables

Linea Alba Width; pain and disability; lumbopelvic proprioception; lumbopelvic control; musculoskeletal disorders of the trunk; balance; pressure distribution

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190219042761N1**

Registration date: **2019-07-06, 1398/04/15**

Registration timing: **retrospective**

Last update: **2019-07-06, 1398/04/15**

Update count: **0**

Registration date

2019-07-06, 1398/04/15

Registrant information

Name

Nahid Bigdeli

Name of organization / entity

Bu Ali Sina university

Country

Iran (Islamic Republic of)

Phone

+98 81 3838 1423

Email address

n.bigdeli@phe.basu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-03-02, 1397/12/11

Expected recruitment end date

2019-06-20, 1398/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Eight Weeks Suspension Training exercises than Isotonic-Isometric CORE Stabilizer in the Treatment of Diastasis Recti Abdominis in Postpartum Period.

Public title

The effect of training interventions in the treatment of diastasis recti.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Age ranges between 20 and 40 years The distance between the two rectus abdominal muscles is greater than 2 cm above and below the umbilicus and 2.5 cm in the umbilicus area. BMI below 30 WHR Above 0/85 The number of birth above one

Exclusion criteria:

Heart disease Respiratory Diseases Postpartum depression Abdominal surgery Anxiety and stress Gestational Diabetes Mellitus Smoking exercises training before and during pregnancy

Age

From **20 years** old to **40 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Participant
- Data analyser
- Data and Safety Monitoring Board

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

In this study, the subjects were numbered and then we placed them in the Random Number Generator software and the software completely randomly placed the subjects in one of the TRX exercises, isometric-isotonic exercises of the core muscle and the control group.

Blinding (investigator's opinion)

Double blinded

Blinding description

Participants, assessors of the parameters in the study and data analyzers

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Hamedan University of Medical Sciences

Street address

Hamedan University of Medical Sciences, Shahid fahmideh st, Pajuhesh sq, Hamrdan, Iran

City

Hamedan

Province

Hamadan

Postal code

65178-38695

Approval date

2019-01-26, 1397/11/06

Ethics committee reference number

IR.UMSHA.REC.1397.825

Health conditions studied

1

Description of health condition studied

Diastasis Recti Abdominis

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Diastasis Recti Width

Timepoint

30 to 60 days after postpartum

Method of measurement

Digital Caliper

Secondary outcomes

1

Description

pain and disability; lumbopelvic proprioception; lumbopelvic control; musculoskeletal disorders of the trunk; balance; pressure distribution

Timepoint

30 to 60 Days after postpartum

Method of measurement

Visual Analogue Scale, Oswestry Disability Questionnaire, Goniometer, lateral step down test, Flexible ruler, Biodex balance System, Foot pressure measurement system

Intervention groups

1

Description

Intervention group: TRX Training, 24 session and each session is 1 hour, 3 day a week

Category

Rehabilitation

2

Description

Intervention group: than Isotonic-Isometric CORE Stabilizer, 24 session and each session is 1 hour, 3 day a week

Category

Rehabilitation

3

Description

Control group: No Intervention

Category

Diagnosis

Recruitment centers

1

Recruitment center

Name of recruitment center

Fatemieh Hospital of Hamedan

Full name of responsible person

Roghayeh Anvari Ali Abad

Street address

Fatemieh Hospital, Pasdaran St, Hamedan

City

Hamedan

Province

Hamadan

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6517789971

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vc_research@umsha.ac.ir

Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Bu Ali Sina University

Full name of responsible person

Ali Yalfani

Street address

Bu Ali Sina University, Abu Taleb St, Modares Quarter, Hamedan

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Ali.yalfani@yahoo.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Bu Ali Sina 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

Bu Ali Sina University

Full name of responsible person

Ali Yalfani

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Sport Rehabilitation

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Person responsible for scientific inquiries

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

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

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Person responsible for updating data**Contact****Name of organization / entity**

Bu Ali Sina University

Full name of responsible person

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Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Sport Rehabilitation

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