

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 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

#### Postal code

6517789971

#### Phone

+98 81 3827 7012

#### Email

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

#### City

Hamedan

#### Province

Hamadan

#### Postal code

۳۸۶۹۵-۶۵۱۷۸

#### Phone

+98 81 3838 1423

#### Email

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

#### Street address

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

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#### Province

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#### Postal code

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#### Phone

+98 81 3838 1423

#### Email

Ali.yalfani@yahoo.com

## Person responsible for scientific 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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**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**

Nahid Bigdeli

**Position**

Student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Sport Rehabilitation

**Street address**

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