

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

The evaluation of relationship between diagnostic Gillet and Standing forward flexion tests with low back pain, abdominal muscles and other related factors in the patients who have sacroiliac joint dysfunction

Protocol summary

Summary

Statistic shows that 15-30% of patients with low back pain are suffering from Sacroiliac joint dysfunction that may cause pain around back and buttock or lower extremity. The Gillet and Standing forward flexion tests are used to diagnose the sacroiliac joint dysfunction. Previous studies shows that diagnostic block of sacroiliac joint would reduce the pain but still gives positive result to these two tests. Therefore, the decision made to figure out the relation between these two tests and other interrupter factors throughout this research in two groups of people with low back pain and without low back pain. One of these under assessment factors is the thickness of core muscles that will be measured by ultrasonography. Core muscles include Multifidus muscle, Transverse abdominus, Internal and External abdominal oblique muscles. In addition to the relation between these tests and the condition of core muscles, other factors such as age, gender, weight, pregnancy and physical activity and their influences on the positive result of diagnostic tests is under consideration. Therefore, it is worthwhile to find the relation between these variables and different tests such as Gillet and Standing flexion in order to improve the diagnostic tests and evaluation of back pain. Moreover, this would increase the quality of life for people suffering from back pain.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201611214409N10**
Registration date: **2017-03-31, 1396/01/11**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-03-31, 1396/01/11

Registrant information

Name

Parisa Nejati

Name of organization / entity

Iran University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Iran University of Medical Sciences

Expected recruitment start date

2017-03-05, 1395/12/15

Expected recruitment end date

2018-03-06, 1396/12/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The evaluation of relationship between diagnostic Gillet and Standing forward flexion tests with low back pain, abdominal muscles and other related factors in the patients who have sacroiliac joint dysfunction

Public title

The diagnostic tests in sacroiliac joint dysfunction

Purpose

Diagnostic

Inclusion/Exclusion criteria

Inclusion criteria: Adults 18-75 years old with chronic low back pain; positive result of Gilet and Forward flexion tests; patients without low back pain who are referred to dermatology clinic
Exclusion criteria: unlikely to continue; acute low back pain; pregnancy

Age

From **18 years** old to **75 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **44**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Iran University of Medical Sciences

Street address

Hemmat Highway, between Chamran and Sheikh
Fazlolah Noori

City

Tehran

Postal code

IRAN

Approval date

2015-10-06, 1394/07/14

Ethics committee reference number

IR.IUMS.REC.1395.27825

Health conditions studied

1

Description of health condition studied

low back pain, sacroiliac joint dysfunction

ICD-10 code

M54.5

ICD-10 code description

Low back pain, other dorsopathies

Primary outcomes

1

Description

External Oblique Muscle thickness

Timepoint

Beginning of our study

Method of measurement

Sonography

2

Description

Internal Oblique Muscle thickness

Timepoint

Beginning of our study

Method of measurement

Sonography

3

Description

Pregnancy

Timepoint

Beginning of our study

Method of measurement

History

4

Description

Sex

Timepoint

Beginning of our study

Method of measurement

Phenotype

5

Description

History of low back pain

Timepoint

Beginning of our study

Method of measurement

History

6

Description

Age

Timepoint

Beginning of our study

Method of measurement

The number of years that a person has been living

7

Description

Weight

Timepoint

Begining of our study

Method of measurement

Scale

8**Description**

Height

Timepoint

Begining of our study

Method of measurement

Stadiometer

9**Description**

BMI

Timepoint

Begining of our study

Method of measurement

Calculated by weight and height

10**Description**

Occupation

Timepoint

Begining of our study

Method of measurement

History

11**Description**

Physical activity

Timepoint

Begining of our study

Method of measurement

Interview

12**Description**

Shortness of Hamstring Muscle

Timepoint

Begining of our study

Method of measurement

Examination in a supine position

13**Description**

Transverse Abdominus thickness

Timepoint

Begining of our study

Method of measurement

Sonography

Secondary outcomes

empty

Intervention groups**1****Description**

Sonography for measuring the thickness of abdominal core muscle such as Internal Oblique, External Oblique and Transversus Abdominus, in both intervention and control groups

Category

Diagnosis

Recruitment centers**1****Recruitment center****Name of recruitment center**

Hazrat Rasool Akram Hospital

Full name of responsible person

Parisa Nejati

Street address**City**

Tehran

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Iran University of Medical Sciences

Full name of responsible person

Dr. Seyed Javad Moosavi

Street address

Next to Milad Tower, Hemmat Highway

City

Tehran

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Iran 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**

Iran University of Medical Sciences

Full name of responsible person

Parisa Nejati

Position

Assistant professor of sports medicine

Other areas of specialty/work

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Person responsible for updating data

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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