

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

Investigation on the effects of Core stability and General exercise on functional activity in non- specific low back pain patients

Protocol summary

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Summary

Background: Low back pain is a common musculoskeletal disorder with a high prevalence, so that 85% of the population may experience it. Core Stability exercises has been recommended to improve neuromuscular skeletal system function in order to increase the protection of vertebral column and improve functional activities. Methods: Sixty patients (aged 18 to 30 years old) with chronic low back pain are randomly assign in one of two general exercise (GE, n=30) and core stability (CS, n=30) groups of this clinical trial. The protocol of intervention include 4 weeks (3 sessions in week) of designed exercise in each groups. The functional activities are measure before and after intervention.

Recruitment status

Recruitment complete

Funding source

Semnan University of Medical Sciences

Expected recruitment start date

2015-05-05, 1394/02/15

Expected recruitment end date

2015-09-06, 1394/06/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201504154485N3**

Registration date: **2015-05-02, 1394/02/12**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2015-05-02, 1394/02/12

Registrant information

Name

Abdolhamid Hajihasani

Name of organization / entity

Semnan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Email address

Scientific title

Investigation on the effects of Core stability and General exercise on functional activity in non- specific low back pain patients

Public title

Effects of exercise therapy on activity in low back pain patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion Criteria: Non- specific low back pain patients; Aged 18 to 30 years old Exclusion Criteria: Neural. Skeletal, Muscular, cardiac, Vascular and Respiratory disease; Systematic disease; Spondylolssis and Spondylolystesis; Surgical treatment on Low back pain; Truma on Low back pain one week before intervention; Disc herniation; Polyneuropathy; Pregnancy

Age

From **18 years** old to **35 years** old

Gender

Both

Phase

N/A

Groups that have been masked
No information

Sample size
Target sample size: 60

Randomization (investigator's opinion)
Randomized

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
Semnan University of Medical Sciences

Street address
Rehabilitation Faculty, Semnan University of Medical Sciences, 5 kilometers of Damghan road, Semnan. Iran

City
Semnan

Postal code

Approval date
2014-07-09, 1393/04/18

Ethics committee reference number
93.470218

Health conditions studied

1

Description of health condition studied
Low Back Pain

ICD-10 code
M62.6

ICD-10 code description
Muscle strain

Primary outcomes

1

Description
Test of balance

Timepoint
4 weeks after intervention

Method of measurement
Force plate set

Secondary outcomes

empty

Intervention groups

1

Description
General Exercise of Physiotherapy, include of Strengthening exercise in physiotherapy clinic

Category
Rehabilitation

2

Description
Core Stability Exercise, include of 8 specific exercises

Category
Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Physiotherapy clinic of Tabatabai

Full name of responsible person
Elham Fatemi

Street address
Clinic of Physiotherapy, Ghods Street, Semnan, Iran

City
Semnan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Semnan University of Medical Sciences

Full name of responsible person
Ali Rashidipour

Street address
Semnan University of Medical Science, Basije Bulvard, Semnan, Iran

City
Semnan

Grant name

Grant code / Reference number

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

Title of funding source
Semnan 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**

Semnan University of Medical Sciences

Full name of responsible person

Abdolhamid Hajihasani

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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*