

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Comparison of effects of regular back Isometric exercises and Core stability exercises among the patients with chronic low back pain

#### Protocol summary

##### Study aim

The purpose of our study was figuring effects of regular isometric exercises and core muscles strengthening (core stability) of patients suffering from chronic Low back pain.

##### Design

experimental design.

##### Settings and conduct

it was conducted at Al-Khumeini trust hospital, Lahore

##### Participants/Inclusion and exclusion criteria

Inclusion criteria was both females and males, 18yr - 50yr of age, patients with LBP minimum from last 6 months. Exclusion criteria was any patients gone through lumbar spine surgery , Spondylolisthesis , general disease/ TB of spine and spinal trauma.

##### Intervention groups

Two classification (A&B) in the research programme. (A) received routine physical therapy whereas (B) was received routine physical therapy combined with core stability exercises. All patients followed the routine therapy programme for CHRONIC LOW BACK PAIN patients were provided by a rehabilitation centre for 8 week period this programme consisted of 1 hour of treatment a day 3 times a week for 8 weeks (24 sessions). Along with that, each patient in experimental group performed core stability exercises for 15 minutes every day.

##### Main outcome variables

Pain on NPRS Functional Mobility on ODI

#### General information

##### Reason for update

##### Acronym

CEICSCCLBP

##### IRCT registration information

IRCT registration number: **IRCT20191117045462N6**

Registration date: **2021-12-27, 1400/10/06**

Registration timing: **retrospective**

Last update: **2021-12-27, 1400/10/06**

Update count: **0**

##### Registration date

2021-12-27, 1400/10/06

##### Registrant information

###### Name

Wajeeha Zia

###### Name of organization / entity

Riphah International University

###### Country

Pakistan

###### Phone

+92 42 35126110

###### Email address

wajeeha\_z@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2020-02-01, 1398/11/12

##### Expected recruitment end date

2020-05-30, 1399/03/10

##### Actual recruitment start date

2020-02-01, 1398/11/12

##### Actual recruitment end date

2020-05-30, 1399/03/10

##### Trial completion date

2020-06-30, 1399/04/10

##### Scientific title

Comparison of effects of regular back Isometric exercises and Core stability exercises among the patients with chronic low back pain

##### Public title

Comparison of effects of regular back Isometric exercises and Core stability exercises among the patients with chronic low back pain

##### Purpose

Education/Guidance

## **Inclusion/Exclusion criteria**

### **Inclusion criteria:**

both females and males 18yr – 50yr of age LBP minimum from last 6 months.

### **Exclusion criteria:**

lumbar spine surgery Spondylolisthesis TB of spine and spinal trauma.

## **Age**

From **18 years** old to **50 years** old

## **Gender**

Both

## **Phase**

N/A

## **Groups that have been masked**

*No information*

## **Sample size**

Target sample size: **84**

Actual sample size reached: **84**

## **Randomization (investigator's opinion)**

Not randomized

## **Randomization description**

## **Blinding (investigator's opinion)**

Not blinded

## **Blinding description**

## **Placebo**

Used

## **Assignment**

Parallel

## **Other design features**

Quasi experimental design

## **Secondary Ids**

empty

## **Ethics committees**

### 1

#### **Ethics committee**

##### **Name of ethics committee**

Institutional Review Board(IRB University of South Asia

##### **Street address**

47-Tufail Road, Lahore Cantt

##### **City**

Lahore

##### **Postal code**

54000

##### **Approval date**

2020-01-22, 1398/11/02

##### **Ethics committee reference number**

Ref No: IRB-USA-FLHS/43/2020

## **Health conditions studied**

### 1

#### **Description of health condition studied**

Low back pain

## **ICD-10 code**

M51.26

## **ICD-10 code description**

Other intervertebral disc displacement, lumbar region

## **Primary outcomes**

### 1

#### **Description**

Pain

#### **Timepoint**

Pre and post

#### **Method of measurement**

Numeric Pain Rating Scale

### 2

#### **Description**

Functional mobility

#### **Timepoint**

Pre and post

#### **Method of measurement**

oswestry disability questionnaire

## **Secondary outcomes**

empty

## **Intervention groups**

### 1

#### **Description**

Intervention group: isometric back exercise i.e plank and swiss ball sitting along with routine physical therapy exercises i.e Bridging, back press, knee press, ankle press, head and heel press3 times per week for 8 weeks.

#### **Category**

Rehabilitation

### 2

#### **Description**

Control group: routine physical therapy exercises of Bridging, back press, knee press, ankle press, head and heel press for 3 times per week for 8 weeks

#### **Category**

Treatment - Other

## **Recruitment centers**

### 1

#### **Recruitment center**

##### **Name of recruitment center**

Al-khumeini Hospital

##### **Full name of responsible person**

Wajeeha Zia

##### **Street address**

Madar e millat road

##### **City**

Lahore  
**Postal code**  
54000  
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## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
University of South Asia  
**Full name of responsible person**  
Wajeeha Zia  
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+92 21 86705503  
**Email**  
wajeeha\_z@yahoo.com  
**Grant name**  
educational  
**Grant code / Reference number**  
**Is the source of funding the same sponsor organization/entity?**  
Yes  
**Title of funding source**  
University of South Asia  
**Proportion provided by this source**  
10  
**Public or private sector**  
Private  
**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**  
University of South Asia  
**Full name of responsible person**  
Wajeeha Zia  
**Position**  
Assistant professor  
**Latest degree**  
Ph.D.  
**Other areas of specialty/work**  
Physiotherapy  
**Street address**  
Madar e millat road  
**City**

## Person responsible for scientific inquiries

#### Contact

**Name of organization / entity**  
University of south asia  
**Full name of responsible person**  
Wajeeha Zia  
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Assistant professor  
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## Person responsible for updating data

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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