Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effects of core stability with dynamic stretching in addition to routine physical therapy in patients with chronic low back pain.

Protocol summary

Study aim
To evaluate the effects of core stability with dynamic stretching in addition to routine physical therapy in patients with chronic low back pain.

Design
Parallel, single blinded,randomized controlled trial

Settings and conduct
The study would be single blinded as the assessor was being masked. and will be done Govt. Mian Munshi Dhq teaching hospital Lahore

Participants/Inclusion and exclusion criteria
Inclusion criteria: •Patient with history of chronic non specific Low Back Pain Either gender ,age ranges from 20-50 years will include in study Exclusion criteria: •Any neurological symptoms Any pathology of spine like Spondylosis, Spondylolisthesis Patients with other comorbidity such as systemic disorders •Patients with sociopsychatric disorders ,Pregnancy ,Fracture

Intervention groups
Intervention groups 1 Description Intervention group: Patients in Group B were treated with core stability exercises (squats, crunches, front plank, plank with alternating leg lift, supine 2 leg bridge exercise), dynamic stretching (Slum stretch, cat and camel stretch, child pose stretch, overhead lateral stretch, and side leg swings), and routine physical therapy (Experimental Group). For six weeks, both groups received two sessions per week. All of the exercises are performed in two sets of 10-15 repetitions during each session. Category Rehabilitation 2 Description Patients in Group-A (Control Group) receive RPT, which involves 20 minutes of hot pack superficial moist heat and 20 minutes of traditional transcutaneous electrical nerve stimulation (TENS) to the pain site utilising a dual-channel portable TENS unit with an 80-100 pulses per second frequency. In addition, abdominal curl ups in supine, back extensor exercises in prone, hip extensor exercises in prone, and lumber rotation are performed. Category Rehabilitation

Main outcome variables
Pain, range of motion, physical disability

General information

Reason for update
errors in data need corrections

Acronym
Tanvir

IRCT registration information
IRCT registration number: **IRCT20210908052416N1**
Registration date: **2021-09-21, 1400/06/30**
Registration timing: **retrospective**

Last update: **2021-09-29, 1400/07/07**
Update count: **1**

Registration date
2021-09-21, 1400/06/30

Registrant information

Name
Tanvir Hussain

Name of organization / entity
University of lahore

Country
Pakistan

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+92 41 6116226

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drtanvirhussain212@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2020-10-26, 1399/08/05

Expected recruitment end date
2021-04-26, 1400/02/06

Actual recruitment start date
2020-10-26, 1399/08/05

Actual recruitment end date
2021-04-26, 1400/02/06
Trial completion date
2021-04-26, 1400/02/06

Scientific title
Effects of core stability with dynamic stretching in addition to routine physical therapy in patients with chronic low back pain.

Public title
Effects of core stability with dynamic stretching in addition to routine physical therapy in patients with chronic low back pain.
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Patients with the history of non-specific chronic low back pain, both male and female patients, age ranges from 20 to 50 years will include in the study
Exclusion criteria:
•Any neurological symptoms Any pathology of spine like Spondylosis, Spondylolisthesis Patients with other comorbidity such as systemic disorders •Patients with sociopsychatric disorders, Pregnancy,fracture
Age
No age limit
Gender
Male

Phase
N/A
Groups that have been masked

- Participant

Sample size
Target sample size: **48**
Actual sample size reached: **48**
Randomization (investigator's opinion)
Randomized
Randomization description
Participants were allocated to either to group A or group B by lottery method. Researcher had taken paper chits equal in number to sample size and wrote numbers from 1 to 48 on each paper chit separately. The paper chits are folded, put in box and well shuffled the box. Each participant was requested to draw a paper chit from the box and give to the researcher. Odd numbers were allocated to group A and even numbers were allocated to group B .Participants were recruited into either group A or group B. Each group consists of 24 participants.
Blinding (investigator's opinion)
Single blinded
Blinding description
This was a single blinded study as the assessor was not disclosed about the study group .Assessor was another physical therapist who measured the pre-trial and post-trial readings of pain, range of motion and physical disability. The data collected by the assessor was provided to the researcher.
Placebo
Not used
Assignment
Parallel
Other design features
Parallel group, double blinded, randomized controlled trial

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of The University of Lahore "Institutional Review Board"
Street address
defence road campus,new campus ,The University of Lahore
City
lahore
Postal code
54000
Approval date
2020-06-04, 1399/03/15
Ethics committee reference number
IRB-Uol-Fahs

Health conditions studied

1

Description of health condition studied
Chronic low back pain
ICD-10 code
M54.5
ICD-10 code description
Low back pain

Primary outcomes

1

Description
Pain intensity
Timepoint
Before intervention and then on 2nd, 4th and 6th week
Method of measurement
Numeric pain rating scale

2

Description
Range of motion
Timepoint
Before intervention and then on 2nd, 4th and 6th week
Method of measurement
Universal goniometer

3

Description
Functional disability
Timepoint
Before intervention and then on 2nd, 4th and 6th week
Method of measurement
Oswetry Low Back Pain Disability Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Patients in intervention group were treated with core stability exercises (squats, crunches, front plank, plank with alternating leg lift, supine 2 leg bridge exercise), dynamic stretching (Slum stretch, cat and camel stretch, child pose stretch, overhead lateral stretch, and side leg swings), and routine physical therapy (Experimental Group). For six weeks, both groups received two sessions per week. All of the exercises are performed in two sets of 10-15 repetitions during each session.
Category
Rehabilitation

2

Description
Control group: Patients in Group-A (Control Group) receive Routine physical therapy, which involves 20 minutes of hot pack superficial moist heat and 20 minutes of traditional transcutaneous electrical nerve stimulation (TENS) to the pain site utilising a dual-channel portable TENS unit with an 80-100 pulses per second frequency. In addition, abdominal curl ups in supine, back extensor exercises in prone, hip extensor exercises in prone andlumber rotation
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Govt.Mian Munshi Dhq teaching hospital Lahore
Full name of responsible person
Dr.Muhammad Yousaf
Street address
Sagian wala bypass, Data Gunj Baksh town
City
lahore
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54000
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+92 42 37147265
Email
hamzachemist24pk@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
The University of lahore
Full name of responsible person
Dr.Fareeha Amjad
Street address
1-Km Defence Road، Near Bhuptian Chowk، Lahore
City
lahore
Postal code
54000
Phone
+92 42 37812194
Email
fari_fairi@yahoo.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
The university of Lahore
Proportion provided by this source
60
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
Govt.Mian Munshi Dhq teaching hospital lahore
Full name of responsible person
Tanvir hussain
Position
physiotherapist
Latest degree
Master
Other areas of specialty/work
Physiotherapy
Street address
Sagian Wala Bypass, Data Gunj Buksh Town, Lahore
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Person responsible for scientific inquiries

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Name of organization / entity

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Full name of responsible person

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Position

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Latest degree

Master

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

EFFECTS OF CORE STABILITY WITH DYNAMIC STRETCHING IN ADDITION TO ROUTINE PHYSICAL THERAPY IN PATIENTS WITH CHRONIC LOW BACK PAIN and all collected deidentified IPD will be shared.

When the data will become available and for how long

Afetr publication

To whom data/document is available

people working in academic institutions and researchers

Under which criteria data/document could be used

It could be used on request

From where data/document is obtainable

Through phone and Email drtanvirhussain212@@gmail.com

What processes are involved for a request to access data/document

Through Email and phone 00923024646625

Comments

data can bee provided on request but after publication