Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparison of effects of Core Stability with and without Stretching Exercises on pain and functional disability in Non-Specific Low Back Pain.

Protocol summary

Study aim
To compare the effects of core stability with and without stretching exercises on pain and functional disability in non-specific low back pain.

Design
The study was a Randomized controlled trial. Randomization was done through drawing a number.

Settings and conduct
Study was conducted at layyah city hospital of govt college university Faisalabad layyah campus. The study population was consisted of patients with non specific with low back pain. The study was single blinded. The participants didn't know while they were receiving experimental or conventional treatment.

Participants/Inclusion and exclusion criteria
Inclusion Criteria: Age 25 – 65 years; Both genders; Non-specific low back pain for at least 3 months ; Pain intensity of 3 or higher based on Numeric Pain Rating Scale (NPRS). Non-inclusion Criteria: History of spinal surgery; History of ankylosing spondylitis or rheumatoid arthritis; History of spondylolisthesis or spondylolysis; History of spinal or pelvic fracture; History of spinal inflammation or tumor; History of osteoporosis; Continuous use of pain medications; History of respiratory or heart disease; History of stroke.

Intervention groups
Intervention group: participants performed core stabilization exercises with stretching for 30 min, 3 times/week, for 6 weeks. Control group: they performed core stabilization exercises i.e abdominal hollowing, straight leg raise from prone, supine extension bridge and prone bridge, for 20 minutes 3 times a week.

Main outcome variables
Pain; Disabilty

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20220115053712N3**
Registration date: **2023-07-19, 1402/04/28**
Registration timing: **retrospective**

Last update: **2023-07-19, 1402/04/28**
Update count: **0**

Registration date
2023-07-19, 1402/04/28

Registrant information

Name
Hifza Arif

Name of organization / entity
Muhammad Institute of Medical and Allied Sciences Multan Pakistan

Country
Pakistan

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+92 309 7697428

Email address
drhizaarif@mimas.edu.pk

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2022-08-15, 1401/05/24

Expected recruitment end date
2022-09-15, 1401/06/24

Actual recruitment start date
2022-08-15, 1401/05/24

Actual recruitment end date
2022-10-20, 1401/07/28

Trial completion date
2022-10-22, 1401/07/30

Scientific title
Comparison of effects of Core Stability with and without Stretching Exercises on pain and functional disability in

Non-Specific Low Back Pain.

Public title
Core stability with and without stretching exercises on pain and functional disability in non specific low back pain
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Age 25 – 65 years Both genders Non-specific low back pain for at least 3 months Pain intensity of 3 or higher based on Numeric Pain Rating Scale (NPRS)
Exclusion criteria:
History of spinal surgery History of ankylosing spondylitis or rheumatoid arthritis History of spondylolisthesis or spondylolysis History of spinal or pelvic fracture History of spinal inflammation or tumor History of osteoporosis Continuous use of pain medications History of respiratory disease or heart disease History of stroke
Age
From **25 years** old to **65 years** old
Gender
Both

Phase
2
Groups that have been masked

- Participant

Sample size
Target sample size: **21**
Actual sample size reached: **14**
Randomization (investigator's opinion)
Randomized
Randomization description
Participants were randomly allocated into two groups through drawing a number.
Blinding (investigator's opinion)
Single blinded
Blinding description
The study was single blinded. The participants didn't know while they were receiving experimental or conventional treatment.
Placebo
Not used
Assignment
Parallel
Other design features
toe-tuch test,fair test and ober test used for flexibilty assessment

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Institutional ethics committee of GCUF layyah campus
Street address
Near layyah sugar mills; Layyah
City
Layyah
Postal code
31200
Approval date
2022-07-10, 1401/04/19
Ethics committee reference number
GCUFLC/2022/556

Health conditions studied

1

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

Primary outcomes

1

Description
Pain
Timepoint
Please write: Before and 6 weeks after treatment
Method of measurement
Numerical pain rating scale (NPRS)

2

Description
Disability
Timepoint
Before and 6 weeks after treatment
Method of measurement
Modified oswestry disability index

Secondary outcomes

1

Description
Functional activities
Timepoint
Before and 6 weeks after treatment
Method of measurement
Modified oswestry disabilty index (MODI)

Intervention groups

1

Description
Intervention group: participants performed Core stabilization exercises with stretching for 30 min, 3 times/week, for 6 weeks. Core stabilization consisted of

abdominal hollowing, straight leg raise from prone, supine extension bridge and prone bridge and stretching in hip muscle (Hamstrings, Tensor fasciae lata, Piriformis and Gluteus Maximus). All study participants received a total of 18 treatments sessions over a six-week period, which consisted of 3 treatment sessions per week.

Category

Rehabilitation

2

Description

Control group: they performed core stabilization exercises i.e abdominal hollowing, straight leg raise from prone, supine extension bridge and prone bridge, for 20 minutes 3 times a week. All exercises were repeated 3 times. All study participants received a total of 18 treatments sessions over a six-week period, which consisted of 3 treatment sessions per week.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Layyah city hospital

Full name of responsible person
Noshaba kanwal

Street address
Near bale chowk bypass road layyah

City
Layyah

Postal code
31200

Phone
+92 309 9709093

Email
zuhahadeed786@gmail.com

Web page address
https://gcuf.edu.pk/

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
GCUF Layyah campus

Full name of responsible person
Shahwar Muneer Bhatti

Street address
Near Layyah Sugar Mills Canal colony LAYYAH

City
Layyah

Postal code
31200

Phone
+92 304 4407035

Email
saaniaanaz@gmail.com

Web page address
https://gcuf.edu.pk/

Grant name

Grant code / Reference number

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

Yes

Title of funding source

GCUF Layyah campus

Proportion provided by this source

100

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
GCUF layyah campus

Full name of responsible person
Dr.Sania Naz

Position
professor

Latest degree
Medical doctor

Other areas of specialty/work
Physiotherapy

Street address
Near layyah sugar mills; Layyah

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Layyah

Province
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Person responsible for scientific inquiries

Contact

Name of organization / entity
GCUF layyah campus

Full name of responsible person
Dr.Noshaba Kanwal

Position
professor

Latest degree
Medical doctor

Other areas of specialty/work
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Person responsible for updating data

Contact
Name of organization / entity
GCUF layyah campus
Full name of responsible person
Dr.Nida Ilahi
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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
Demographic data and data related to final outcome will be shared by maintaining the confidentiality
When the data will become available and for how long
data will be available from april 2024 to june 2024 after the 6 months of publication. The data sharing plan for a clinical trial (i.e., what data will be shared when and under what conditions) will be publicly available at a third-party site that shares data with and meets the data requirements of WHO's International Clinical Trials Registry Platform; this occur before the first participant is enrolled.
To whom data/document is available
dr.Sania Naz (corresponding author) professor at GCUF layyah campus.
Under which criteria data/document could be used
for research purpose
From where data/document is obtainable
To the corresponding author of the study; dr sania naz and can contact on +923044407035saaniaanaz@gmail.com can visit these search engines, you can find my study easily here https://www.researchgate.net/ https://scholar.google.com/
What processes are involved for a request to access data/document
open-access and There is the traditional public data release where anyone can get access to the data with no registration or conditions. The request will be reviewed by Director in Charge and in case of eligibility, it would be shared in two weeks
Comments
I want randomized clinical trial registration.