# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

22 Nov 2026

## Effects of Mcgill versus Lee Stabilization Exercises on Pain, Disability, Range of motion, Quality of life and Endurance in Patient with Chronic Nonspecific Low Back Pain

## Protocol summary

**Study aim**

To compare the effects of Mc Gill versus Lee stabilization exercises on pain, disability, range of motion, quality of life and endurance in patient with chronic nonspecific low back pain

**Design**

The trial will be conducted at Sir Ganga Ram Hospital, Lahore.The participant will be blinded by the concealment of the technique that will be used on them.

**Settings and conduct**

Randomized clinical trial, single blinded study, two parallel groups with 32 patients from Sir Ganga Ram Hospital, Lahore.

**Participants/Inclusion and exclusion criteria**

Inclusion criteria Both male and female patient Age 30–50 years Patient with a history of 3 months nonspecific low back pain Pain intensity (3-7) according to NPRS score Exclusion Criteria Any lumbar surgery Spinal stenosis Neurological dysfunction Systemic disease Pregnancy

**Intervention groups**

Intervention group 1 :The Mc Gill group in the study will follow a six-week exercise regimen, where they will participate in sessions thrice a week week with 6-10 repetition :  Curl-Up,  Bird-Dog,  Side Plank Intervention group 2: The Lee Stabilization group in the study will follow a six-week exercise protocol specific to the Lee Stabilization method, attending sessions three times a week. The main exercises will be Upper-Body Extension,Alternate Arm and Leg Lift,Alternate Arm and Leg Extension on All Fours, Diagonal Curl Up and Curl up with arms at sides, tilt pelvis to flatten back.

**Main outcome variables**

Pain,disability, range of motion, quality of life and endurance

## General information

**Reason for update**

**Acronym**

nlbp

**IRCT registration information**

IRCT registration number: **IRCT20190717044238N14**
Registration date: **2024-05-18, 1403/02/29**
Registration timing: **prospective**

Last update: **2024-05-18, 1403/02/29**
Update count: **0**

**Registration date**

2024-05-18, 1403/02/29

**Registrant information**

**Name**

Fareeha Amjad

**Name of organization / entity**

The University of Lahore

**Country**

Pakistan

**Phone**

+92 42 99200600

**Email address**

fari_fairy22@yahoo.com

**Recruitment status**

**Recruitment complete**

**Funding source**

**Expected recruitment start date**

2024-05-20, 1403/02/31

**Expected recruitment end date**

2024-07-29, 1403/05/08

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**
empty

**Scientific title**
Effects of Mcgill versus Lee Stabilization Exercises on Pain, Disability, Range of motion, Quality of life and Endurance in Patient with Chronic Nonspecific Low Back Pain

**Public title**
Effects of Mcgill versus Lee Stabilization Exercises on Pain, Disability, Range of motion, Quality of life and Endurance in Patient with Chronic Nonspecific Low Back Pain

**Purpose**
Education/Guidance

**Inclusion/Exclusion criteria**

**Inclusion criteria:**
Patient with a history of 3 months nonspecific low back pain Pain intensity (3–7) according to NPRS score Age: 30–50 years Both male and female patients

**Exclusion criteria:**
Any lumbar surgery Spinal stenosis Neurological dysfunction Systemic disease Pregnancy Infections Carcinoma Any fracture or deformity

**Age**
From **30 years** old to **50 years** old

**Gender**
Both

**Phase**
N/A

**Groups that have been masked**

- Participant

**Sample size**
Target sample size: **32**

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

**Randomization description**
Randomization will be done by using sealed envelops which involves assigning participants to different groups by randomly selecting an envelope that contains their group assignment. This will ensure reduced bias in allocation of interventions. Simple randomization method is used to allocate participants to different groups

**Blinding (investigator's opinion)**
Single blinded

**Blinding description**
In the trial the participant( who are willing to participate) is blinded by not knowing or being unaware which intervention they are receiving , but the researcher (physiotherapist) know. This trial will be single blinded. Researcher will be responsible for care for participants during the trial, data collectors, outcome assessors, and with lessor importance Data Safety .

**Placebo**
Not used

**Assignment**
Parallel

**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**

**Name of ethics committee**
Research and ethics Commitee Riphah College of Rehabilitation and Allied Health Sciences

**Street address**
Riphah International University Gulberg campus lahore

**City**
Lahore

**Postal code**
54000

**Approval date**
2024-04-03, 1403/01/15

**Ethics committee reference number**
REC/RCR&AHS/23/0190

## Health conditions studied

### 1

**Description of health condition studied**
chronic non specific low back pain

**ICD-10 code**
Low Back P

**ICD-10 code description**
M54.5

## Primary outcomes

### 1

**Description**
Pain

**Timepoint**
Before intervention, 6 weeks

**Method of measurement**
Numeric pain rating scale (NPRS)

### 2

**Description**
Functional disability

**Timepoint**
Before intervention, 6 weeks

**Method of measurement**
Urdu version of Oswestry Disability index (ODI)

### 3

**Description**
Range of motion

**Timepoint**
Before intervention, 6 weeks

**Method of measurement**

Inclinometer

**4**

**Description**
Endurance
**Timepoint**
Before intervention, 6 weeks
**Method of measurement**
Sorensen Test

**5**

**Description**
quality of life
**Timepoint**
Before intervention, 6 weeks
**Method of measurement**
SF-36 Urdu version

## Secondary outcomes

empty

## Intervention groups

**1**

**Description**
Intervention group: Mc Gill group
**Category**
Rehabilitation

**2**

**Description**
Control group: Lee Stabilization
**Category**
Rehabilitation

## Recruitment centers

**1**

**Recruitment center**
**Name of recruitment center**
Sir Ganga Ram Hospital, Lahore
**Full name of responsible person**
Hafiza Sumbal Liaqat
**Street address**
Sir Ganga Ram Hospital, Lahore
**City**
Lahore
**Postal code**
54000
**Phone**
+92 332 0459833
**Email**
sumballiaqat10@gmail.com

## Sponsors / Funding sources

**1**

**Sponsor**
**Name of organization / entity**
Riphah International University Lahore
**Full name of responsible person**
Fareeha Amjad
**Street address**
Riphah International University Lahore Gulberg green campus
**City**
Lahore
**Postal code**
54000
**Phone**
+92 334 3372779
**Email**
fari_fairy22@yahoo.com
**Grant name**
**Grant code / Reference number**
**Is the source of funding the same sponsor organization/entity?**
No
**Title of funding source**
Riphah International University Lahore
**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**
Riphah International University Lahore
**Full name of responsible person**
Hafiza Sumbal Liaqat
**Position**
MS student
**Latest degree**
Master
**Other areas of specialty/work**
Physiotherapy
**Street address**
Riphah International University Lahore Gulberg green campus
**City**
Lahore
**Province**
Punjab
**Postal code**
54000
**Phone**

+92 332 0459833

**Email**

sumballiaqat10@gmail.com

## Person responsible for scientific inquiries

**Contact**

**Name of organization / entity**

Riphah International University Lahore

**Full name of responsible person**

Fareeha Amjad

**Position**

Associate professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Physiotherapy

**Street address**

Riphah International University Lahore Gulberg green campus

**City**

Lahore

**Province**

Punjab

**Postal code**

54000

**Phone**

+92 334 3372779

**Email**

fari_fairy22@yahoo.com

## Person responsible for updating data

**Contact**

**Name of organization / entity**

Riphah International University Lahore

**Full name of responsible person**

Hafiza Sumbal Liaqat

**Position**

MS sudent

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

**Street address**

Riphah International University Lahore Gulberg green campus

**City**

Lahore

**Province**

Punjab

**Postal code**

54000

**Phone**

+92 332 0459833

**Email**

sumballiaqat10@gmail.com

## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**

No - There is not a plan to make this available

**Justification/reason for indecision/not sharing IPD**

confidentiality of participants

**Study Protocol**

Yes - There is a plan to make this available

**Statistical Analysis Plan**

No - There is not 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**

No - There is not a plan to make this available

**Data Dictionary**

No - There is not a plan to make this available

**Title and more details about the data/document**

Consent form in its original format with no information about any participant study protocol -how the intervention was given to both groups

**When the data will become available and for how long**

Data would be available after the completion of the research

**To whom data/document is available**

People working in an academic and clinical setting can have access to the above mentioned information/documents

**Under which criteria data/document could be used**

Data can be used for research paper

**From where data/document is obtainable**

Data can be requested at following email: sumballiaqat10@gmail.com

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

One can ask for data at the given email address and it would be provided after knowing the general implications of sharing that particular data

**Comments**