

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 2026

Effect of movement control exercises and stabilization exercises on trunk muscle activity and postural control in people with nonspecific chronic low back pain

Protocol summary

Summary

In this study 32 people with nonspecific chronic low back pain, without spinal surgery or fracture, classified based on O'Sullivan classification system will put in 2 treatment group randomly (Stabilization exercise vs movement exercise). The aim of this study is to compare effect of these exercise protocol on pain, trunk muscle activity and postural control. Patient will be treated in 10 treatment sessions and the length of treatment is 4 weeks(1 month). Trunk muscles activity level and postural control will be measured by surface electromyography and force plate before and after treatment. Also pain and functional level of patents will asses with VAS and Oswestry questionnaire before and after treatment.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013121615822N1**

Registration date: **2015-03-15, 1393/12/24**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-03-15, 1393/12/24

Registrant information

Name

Sara Salamat

Name of organization / entity

Tehran University of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

Rehabilitation School of Tehran University of Medical Sciences

Expected recruitment start date

2014-02-20, 1392/12/01

Expected recruitment end date

2015-03-19, 1393/12/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of movement control exercises and stabilization exercises on trunk muscle activity and postural control in people with nonspecific chronic low back pain

Public title

Effect of two exercise therapy on low back pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age between 18-65 ; Non specific chronic low back pain; pain in the directions of Flex and Ext based on O'Sullivan classification system Exclusion criteria: Inflammatory and infectious diseases of spine; RA; Fracture; pregnancy

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 32

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Rehabilitation School of Tehran University of Medical Sciences

Street address

Enghelab St, Rehabilitation School of Tehran University of Medical Sciences, Tehran

City

Tehran

Postal code

Approval date

2013-05-18, 1392/02/28

Ethics committee reference number

297/130/92/s

Health conditions studied

1

Description of health condition studied

low back pain

ICD-10 code

M54.5

ICD-10 code description

low back pain

Primary outcomes

1

Description

Muscle activity level

Timepoint

Beginning of the study and the day 30th

Method of measurement

Surface electromyography

2

Description

Balance

Timepoint

Beginning of the study and the day 30th

Method of measurement

Force plate

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group one: Stabilization exercises, 10 therapeutic sessions, 4 weeks

Category

Rehabilitation

2

Description

Intervention group 2: Movement control exercises, 10 therapeutic sessions, 4 weeks

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Rehabilitation School of Tehran University of Medical Sciences

Full name of responsible person

Sara salamat

Street address

Rehabilitation School of Tehran University of Medical Science, Enghelab St, Tehran

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Rehabilitation School of Tehran University of Medical Sciences

Full name of responsible person

Saeed Talebian Moghadam

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Rehabilitation School of Tehran University of Medical Sciences, Enghelab st, Tehran

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Tehran

Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Rehabilitation School of Tehran 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
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Person responsible for updating data

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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