

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 2026

Comparison of the effects of spinal stabilization exercises on stress urinary incontinence in women with low back pain compared with routine exercises

Protocol summary

Summary

Introduction: Low back pain is a very common health care problem affecting 85% of population. Also Urinary incontinence is one of the most common complaints in women that can has serious influence on the quality of their lives. Recent studies show that a pattern of co-contraction exists between the abdominal muscles and pelvic floor contraction . this model is deficient in people with chronic low back pain . The aim of this study was to compare the effects of spinal stabilization exercises on stress urinary incontinence in women with low back pain compared with routine exercise . Methods: A randomized clinical trial was performed 60 women aged 45-60 years with chronic back pain who also suffer from urinary incontinence. The subjects were divided into two groups. The case group stabilization training and control group routine training low back pain during 12 weeks were done. Before and after treatment, low back disability variable and rates of urinary incontinence in both groups were assess.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014081218760N1**

Registration date: **2015-04-10, 1394/01/21**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-04-10, 1394/01/21

Registrant information

Name

Fariba Ghaderi

Name of organization / entity

Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 41 1333 4647

Email address

ghaderif@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for research of Tabriz University of Medical Sciences

Expected recruitment start date

2014-08-23, 1393/06/01

Expected recruitment end date

2014-11-22, 1393/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effects of spinal stabilization exercises on stress urinary incontinence in women with low back pain compared with routine exercises

Public title

Effects of spinal stabilization training on urinary incontinence in women with LBP

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: women with low back pain with symptoms of urinary incontinence in the age range 45 to 60 years of hard work, with a history of vaginal delivery.

Exclusion criteria: history of cesarean delivery, non-chronic pelvic infections, tumors, rheumatoid disease, vertebral fracture, osteoporosis, severe postural deformities, congenital anomalies of the spine, radiating pain to the legs, severe pain, sleep, depression, eating anti-inflammatory and analgesic drugs during the study period

Age

From **45 years** old to **60 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

N/A

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Tabriz University of Medical Sciences

Street address

Tabriz University of Medical Sciences

City

Tabriz

Postal code**Approval date**

2015-01-03, 1393/10/13

Ethics committee reference number

93181

Health conditions studied**1****Description of health condition studied**

low back pain

ICD-10 code

M54.5

ICD-10 code description

Low back pain, Lumbago NOS

2**Description of health condition studied**

urinary incontinence

ICD-10 code

N39.3

ICD-10 code description

Stress incontinence

Primary outcomes**1****Description**

low back Disability

Timepoint

Before treatment and 12 weeks following end of treatment

Method of measurement

Oswestry Disability Index questionnaire

2**Description**

urinary incontinence

Timepoint

Before treatment and 12 weeks following end of treatment

Method of measurement

ICIQ-SF questionnair

Secondary outcomes**1****Description**

Pelvic Floor muscle strength

Timepoint

before and after intervention

Method of measurement

manual muscle tests according axford scale

Intervention groups**1****Description**

Intervention Group:spinal stabilization Exercise

Category

Rehabilitation

2**Description**

Control Group: Routine physiotherapy for LBP

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Tabriz Helal Ahmar Center

Full name of responsible person

Street address

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Tabriz University of Medical Sciences

Full name of responsible person

Dr Mohammad Reza Rashidi

Street address

Tabriz University of Medical Sciences

City

Tabriz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice Chancellor for research of Tabriz 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

Tabriz University of Medical Sciences

Full name of responsible person

Dr Fariba Ghaderi

Position

Assistant Professor- PhD of physiotherapy

Other areas of specialty/work

Street address

Tabriz University of Medical Sciences ,Rehabilitation faculty

City

Tabriz

Postal code

Phone

+98 413339771

Fax

Email

ghaderif@tbzmed.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Tabriz university of medical sciences

Full name of responsible person

Dr fariba Ghaderi

Position

assistant professor- PhD of physiotherapy

Other areas of specialty/work

Street address

Tabriz university of medical sciences

City

tabriz

Postal code

Phone

+98 41 3333 4647

Fax

Email

ghaderif@tbzmed.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Dr fariba Ghaderi

Position

Assistant Professor-PhD of physiotherapy

Other areas of specialty/work

Street address

Tabriz University of Medical Sciences

City

Tabriz

Postal code

Phone

+41 33334647

Fax

Email

ghaderif@tbzme.ac.ir

Web page address

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