

# 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**

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## Person responsible for scientific inquiries

### Contact

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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*