

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

30 Jun 2026

**Pilot study:the effects of 10%uphill treadmill walking in comparison to level treadmill walking in patients with nonspecific chronic low back pain.**

### Protocol summary

#### Summary

The aim of this double blind randomize clinical trial study is to investigate the effects of 10%uphill treadmill walking in comparison to level treadmill walking in chronic nonspecific low back pain.men and women with chronic nonspecific low back pain include into study.patients with BMI more than 30,previous history ofspinal column instability or fracture,heart disease,sever lower limb degenerative changes or arthroplasty ,scoliosios,patients with knee pain and pregnant women exclude from the study.twelve patients randomize into two groups:intervention and control.patients in both groups treat three sessions every week for four weeks.at first in every session all patient treat with standard physiotherapy include electrotherapy and mobilisation techniques.then they walk on treadmill 20 minutes at first week.every week 5 minutes add to this treadmill walking time.control group walks on level treadmill but intervention groups walk on 10%uphill treadmill.back muscle endurance is primary variable.fear avoidance belief,vas and oswestry disability index are secondary variables.these outcome measures estimate three times.first time is before the study,second time is after study at fourth week.third time is two month later.

### General information

#### Acronym

#### IRCT registration information

IRCT registration number: **IRCT2016090321479N3**  
Registration date: **2016-09-12, 1395/06/22**  
Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

#### Registration date

2016-09-12, 1395/06/22

### Registrant information

#### Name

Abdolkarim Karimi

#### Name of organization / entity

Isfahan University of Medical Sciences

#### Country

Iran (Islamic Republic of)

#### Phone

+98 31 3792 2024

#### Email address

a\_karimi@rehab.mui.ac.ir

### Recruitment status

#### Recruitment complete

### Funding source

Esfahan University of Medical Sciences

### Expected recruitment start date

2016-07-05, 1395/04/15

### Expected recruitment end date

2016-10-06, 1395/07/15

### Actual recruitment start date

empty

### Actual recruitment end date

empty

### Trial completion date

empty

### Scientific title

Pilot study:the effects of 10%uphill treadmill walking in comparison to level treadmill walking in patients with nonspecific chronic low back pain.

### Public title

The effects of treadmill walking in low back pain

### Purpose

Treatment

### Inclusion/Exclusion criteria

Inclusion criteria:men and women,chronic nonspecific low back pain. Exclusion criteria:previous history spinal

canal surgery; BMI>30; previous history of back fracture or instability; previous history of chronic heart failure or coronary disease; fracture or severe degenerative changes in lower limb joints; lower limb arthroplasty; pregnant women; knee pain; scoliosis.

#### **Age**

No age limit

#### **Gender**

Both

#### **Phase**

N/A

#### **Groups that have been masked**

No information

#### **Sample size**

Target sample size: 12

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

Randomized

#### **Randomization description**

#### **Blinding (investigator's opinion)**

Double blinded

#### **Blinding description**

#### **Placebo**

Not used

#### **Assignment**

Parallel

#### **Other design features**

## **Secondary Ids**

empty

## **Ethics committees**

### **1**

#### **Ethics committee**

##### **Name of ethics committee**

Esfahan University of Medical Sciences

##### **Street address**

Hezar Greeb Street

##### **City**

Esfahan

##### **Postal code**

#### **Approval date**

2015-11-22, 1394/09/01

#### **Ethics committee reference number**

ir.mui.rec.1394.3.567

## **Health conditions studied**

### **1**

#### **Description of health condition studied**

low back pain

#### **ICD-10 code**

m54.9

#### **ICD-10 code description**

Dorsalgia, unspecified

## **Primary outcomes**

### **1**

#### **Description**

Back endurance test

#### **Timepoint**

Before 1th session,12th session,two m1.before the study at first session,2.fourth week(.12th session),3.two month after the final session

#### **Method of measurement**

Modified sorensen test

## **Secondary outcomes**

### **1**

#### **Description**

Disability

#### **Timepoint**

1.before the study at first session,2.fourth week(.12th session),3.two month after the final session

#### **Method of measurement**

Questionnaire

### **2**

#### **Description**

Fear avoidance belief

#### **Timepoint**

1.before the study at first session,2.fourth week(.12th session),3.two month after the final session

#### **Method of measurement**

Questionnaire

### **3**

#### **Description**

Vas

#### **Timepoint**

1.before the study at first session,2.fourth week(.12th session),3.two month after the final session

#### **Method of measurement**

Questionnaire

## **Intervention groups**

### **1**

#### **Description**

Intervention:four weeks intervention,three sessions every week.include:electrotherapy,mobilisation and treadmill walking on 10%uphill inclination.

#### **Category**

Rehabilitation

### **2**

#### **Description**

Control group :four weeks intervention,three sessions every week.include:electrotherapy,mobilisation and treadmill walking on level surface.

**Category**

Rehabilitation

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Central Physiotherapy clinic

**Full name of responsible person**

Reza Soleimanpoor

**Street address**

Esfahan,Falavarjan,Pirbakran,Motahary street

**City**

Pirbakran

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Esfahan University of Medical Sciences

**Full name of responsible person**

Dr.Zahrasadat Rezaeian

**Street address**

Hezar Greeb street

**City**

Esfahan

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Esfahan 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**

Esfahan University of Medical Sciences

**Full name of responsible person**

Dr.Abdolkarim Karimi

**Position**

PHD.PHYSIOTHERAPY

**Other areas of specialty/work****Street address**

Esfahan University of Medical Sciences.Rehabilitation school

**City**

Esfahan

**Postal code****Phone**

+98 31 3668 1853

**Fax****Email**

a\_karimi@rehab.mui.ac.ir

**Web page address****Person responsible for scientific inquiries****Contact****Name of organization / entity**

Esfahan University of Medical Sciences

**Full name of responsible person**

Dr.Abdolkarim Karimi

**Position**

PHD.Physiotherapy

**Other areas of specialty/work****Street address**

Esfahan Medical University.Rehabilitation school

**City**

Esfahan

**Postal code**

iran

**Phone**

+98 31 3668 1853

**Fax****Email**

a\_karimi@rehab.mui.ac.ir

**Web page address****Person responsible for updating data****Contact****Name of organization / entity**

Esfahan University of Medical Sciences

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Dr.Abdolkarim Karimi

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a\_karimi@rehab.mui.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*