

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Jun 2026

Pilot study:the effects of 10%uphill treadmille 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 treadmille 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

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**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