

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

03 Jul 2026

### Effect of lumbar McGill stabilization and general exercises on spinal postural balance, pain and active range of motion in patients with non-specific chronic low back pain; Clinical Trial

#### Protocol summary

##### Summary

The aim of present study is to examine McGill stabilization and General lumbar exercises on center of pressure and balance variables changes and lumbar range of motion and pain in chronic non-specific low back pain(CNSLBP). study population consists of 30 CNSLBP patients aged 20-40 years. Patients will be randomly divided into two groups : Control group will take general lumbar exercises and intervention group will take McGill stabilization exercises. Each patient will treat for six weeks. Study variables including pain intensity, range of motion, center of pressure variables, and postural balance which will be measured for each three weeks and will be followed up after one month.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015051022202N1**

Registration date: **2016-05-01, 1395/02/12**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-05-01, 1395/02/12

##### Registrant information

###### Name

Mir Ali Eteraf Oskoei

###### Name of organization / entity

Rehabilitayion Faculty, Tabriz University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 41 3333 4647

###### Email address

eterafoskouei@tbzmed.ac.ir

###### Recruitment status

**Recruitment complete**

###### Funding source

Vice chancellor for research, Tabriz University of Medical Sciences

###### Expected recruitment start date

2015-12-11, 1394/09/20

###### Expected recruitment end date

2016-03-10, 1394/12/20

###### Actual recruitment start date

empty

###### Actual recruitment end date

empty

###### Trial completion date

empty

###### Scientific title

Effect of lumbar McGill stabilization and general exercises on spinal postural balance, pain and active range of motion in patients with non-specific chronic low back pain; Clinical Trial

###### Public title

Effect of lumbar McGill stabilization and general exercises on spinal postural balance, pain and active range of motion in patients with non-specific chronic low back pain; Clinical Trial

###### Purpose

Treatment

###### Inclusion/Exclusion criteria

In this study, two groups of men and women with nonspecific low back pain will participate. Inclusion criteria : Men and women with an average age of 20-40 years; Body Mass Index(BMI) between 20-25; non-specific low back pain with no specific cause and pain for

more than six months without referral pain in the lower extremities; non-specific low back pain of less than 4 from 10 in patients with using Visual Analogue Scale Pain(VAS); did not receive physiotherapy treatment programs Exclusion criteria: having surgeries in the spinal vertebral, abdominal, shoulder girdle, pelvic girdle, and lower extremities; obvious postural malalignment or muscle shortenings; the arms and legs pain or weakness; repeated Neurologic deficits; having a history of medical diseases and cardiovascular diseases; professional athletes; use of drugs that affect the balance; In women, married and pregnant

**Age**

To 40 years old

**Gender**

Both

**Phase**

3

**Groups that have been masked**

No information

**Sample size**

Target sample size: 30

**Randomization (investigator's opinion)**

Randomized

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

Not blinded

**Blinding description****Placebo**

Not used

**Assignment**

Parallel

**Other design features**

Randomization with random-number table

**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, Golgasht ,  
Tabriz

**City**

Tabriz

**Postal code****Approval date**

2015-02-09, 1393/11/20

**Ethics committee reference number**

93170

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

Non-specific Chronic Low Back Pain

**ICD-10 code**

M54.5

**ICD-10 code description**

Low Back Pain

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

Center of Pressure variables

**Timepoint**

Three times in the six weeks of the study and after one month

**Method of measurement**

FDM Zebris

**2****Description**

Balance index

**Timepoint**

before - after

**Method of measurement**

Biodex system

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

Range of motion

**Timepoint**

Three times in the six weeks of the study and after one month

**Method of measurement**

Inclinometer

**2****Description**

Pain

**Timepoint**

Three times in the six weeks of the study and after one month

**Method of measurement**

Visual Analogue Scale

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

Intervention group, lumbar McGill stabilization exercises

**Category**

Rehabilitation

## 2

### Description

Control group, lumbar general exercises

### Category

Rehabilitation

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Physiotherapy clinic of Faculty of Rehabilitation

##### Full name of responsible person

Mir Ali Eteraf Oskouei

##### Street address

Faculty of Rehabilitation, Golpark, North Tavanir, Valyeasr, Tabriz

##### City

Tabriz

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Tabriz University of Medical Sciences

##### Full name of responsible person

Mir Ali Eteraf Oskouei

##### Street address

Rehabilitation Faculty, 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

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

Rehabilitation Faculty, Tabriz University of Medical Sciences

#### Full name of responsible person

Eteraf Oskouei, Mir Ali

#### Position

Associate Professor - Physiotherapy PhD

#### Other areas of specialty/work

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## Person responsible for scientific inquiries

### Contact

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#### Position

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**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*