

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

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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

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

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

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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

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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