

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Manipulation as compared with stabilization exercise in sacroiliac joint dysfunction patients

#### Protocol summary

##### Summary

The aim of present study was to compare the effects of manipulation and stabilization exercise in patients with subacute or chronic sacroiliac dysfunction. Methods: Patients with subacute and chronic sacroiliac joint dysfunction for more than 4 weeks and less than 1 year were included in the study. A total of 27 patients were randomized to either manipulation (n=14) or to stabilization exercise (n=13). The patients underwent a two week treatment program in the manual therapy group and a 4-week treatment program in stabilization therapy group. Pain, Functional Disability (Oswestry Disability Index) and sacroiliac joint Test results were recorded before and immediately after the treatment period.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT138808232708N1**

Registration date: **2010-09-07, 1389/06/16**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2010-09-07, 1389/06/16

##### Registrant information

###### Name

Ali Ghanbari

###### Name of organization / entity

Shiraz University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 71 1627 1551

##### Email address

ghanbary@sums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice-Chancellery of Research Affairs, Shiraz University of Medical Sciences

##### Expected recruitment start date

2009-04-04, 1388/01/15

##### Expected recruitment end date

2009-08-21, 1388/05/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Manipulation as compared with stabilization exercise in sacroiliac joint dysfunction patients

##### Public title

A comparison between exercise therapy and manual therapy in treatment of low back pain patient with sacroiliac joint dysfunction

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: 1- age between 20- 60 years 2- subacute or chronic low back pain for more than 4 weeks, with pain localized to sacroiliac joint region .3- The diagnosis of sacroiliac dysfunction by clinical tests . Exclusion criteria:1- low back pain for more than 1 year,2- pain predominantly in cervical and thoracic pain 3- spondylosis and spondylolystesis 4-known lumbar disc herniation,5- pain below the knee ,6- a history of spinal surgery, 7- osteoporosis, 8-scoliosis,9- pregnancy, 10- malignancy, 11- low back pain less than 4 weeks (acute low back pain).

## Age

From **20 years** old to **60 years** old

## Gender

Both

## Phase

N/A

## Groups that have been masked

*No information*

## Sample size

Target sample size: **32**

## Randomization (investigator's opinion)

Randomized

## Randomization description

## Blinding (investigator's opinion)

Not blinded

## Blinding description

## Placebo

Not used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee of Shiraz University of Medical Sciences

##### Street address

Zand street

##### City

Shiraz

##### Postal code

7194733669

#### Approval date

2009-06-10, 1388/03/20

#### Ethics committee reference number

CT- 88- 4755

## Health conditions studied

### 1

#### Description of health condition studied

sacroiliac joint dysfunction

#### ICD-10 code

M99

#### ICD-10 code description

Other disorders of the musculoskeletal system and connective tissue

## Primary outcomes

### 1

#### Description

functional disability level

#### Timepoint

before and after the treatment

#### Method of measurement

The Oswestry low back pain Disability Questionnaire (OSW), Each item was scored on a 0- 5 scale, and the maximum score was 50 (total score divided by total possible score multiplied by 100%).

## Secondary outcomes

### 1

#### Description

pain intensity

#### Timepoint

before and after the treatment

#### Method of measurement

Visual Analogue Scales, a 100 mm scale

### 2

#### Description

Sacroiliac Joint Tests

#### Timepoint

before and after the treatment

#### Method of measurement

The results of the five tests were recorded as positive or negative values

## Intervention groups

### 1

#### Description

manipulation

#### Category

Treatment - Other

### 2

#### Description

exercise therapy

#### Category

Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

School of Rehabilitation, Shiraz University of Medical Sciences

##### Full name of responsible person

Ali Ghanbari

##### Street address

Chamran Boulevard, 1th Abivardi street

##### City

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**

Vice-chancellery of Research affairs of Shiraz  
University of Medical Sciences

**Full name of responsible person**

DR. Dabaghmanesh

**Street address**

Karimkhan Zand street

**City**

Shiraz

**Grant name**

**Grant code / Reference number**

**Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Vice-chancellery of Research affairs of Shiraz 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**

School of rehabilitation

**Full name of responsible person**

Ali Ghanbari

**Position**

ph.D Physiotherapy

**Other areas of specialty/work**

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## Person responsible for scientific inquiries

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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*