

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

18 Jun 2026

### Comparison the effect of motor control exercises and small muscles lumbar stretch with motor control exercises on postural stability indices, pain and disability in patients with chronic non-specific low back pain.

#### Protocol summary

##### Study aim

The aim of this study was to compare the effect of motor control exercises and small muscles lumbar stretch with motor control exercises on postural stability indices, pain and disability in patients with chronic non-specific low back pain.

##### Design

Randomized clinical trial, 30 patients with nonspecific chronic low back pain were selected through non probability sampling method.

##### Settings and conduct

This randomized controlled trial was performed at Zahedan university of medical sciences in 2018-2019 through simple sampling.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria including: Age between 18 to 50 years; patients with non specific low back pain; no history of radicular pain and any neurologic sign, systemic infection, cardiovascular and balance disorders; not pregnant; no history of metabolic, systemic, inflammatory disease, arthritis and malignancies Non-entry criteria including: history of spinal surgery and severe spinal deformity or disease; instability in the lumbar region; history of new fracture and lower limb injury.

##### Intervention groups

motor control exercises and small muscles lumbar stretch group and motor control exercises group.

##### Main outcome variables

Comparison of postural stability indices, pain and disability in motor control exercises and small muscles lumbar stretch group with motor control exercises group.

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20090210001675N15**

Registration date: **2019-07-18, 1398/04/27**

Registration timing: **retrospective**

Last update: **2019-07-18, 1398/04/27**

Update count: **0**

##### Registration date

2019-07-18, 1398/04/27

##### Registrant information

###### Name

Asghar Akbari

###### Name of organization / entity

Zahedan University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 54 1322 8445

###### Email address

akbaria@zdmu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2018-09-23, 1397/07/01

##### Expected recruitment end date

2019-01-21, 1397/11/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparison the effect of motor control exercises and

small muscles lumbar stretch with motor control exercises on postural stability indices, pain and disability in patients with chronic non-specific low back pain.

#### Public title

Comparison the effect of motor control exercises and small muscles lumbar stretch with motor control exercises in patients with chronic non-specific low back pain.

#### Purpose

Treatment

#### Inclusion/Exclusion criteria

##### Inclusion criteria:

Non specific low back pain for a period of at least 3 month. Age between 18 to 50 years No history of radicular pain and any neurologic sign, systemic infection, cardiovascular and balance disorders Not pregnant No history of metabolic, systemic, inflammatory disease, arthritis and malignancies

##### Exclusion criteria:

history of new fracture and lower limb injury instability in the lumbar region History of spinal surgery and severe spinal deformity or disease

#### Age

From **18 years** old to **50 years** old

#### Gender

Both

#### Phase

N/A

#### Groups that have been masked

*No information*

#### Sample size

Target sample size: **30**

#### Randomization (investigator's opinion)

Randomized

#### Randomization description

Subjects were randomly assigned into two groups by random draw. The first group received motor control exercises and small muscles lumbar stretch and the second group received motor control exercises

#### 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 Zahedan University of Medical Sciences

###### Street address

Deputy of Research, Zahedan University of Medical Sciences, Jannat Blvd., Dr. Hesabi Sq. Zahedan

#### City

zahedan

#### Province

Sistan-va-Balouchestan

#### Postal code

9816843463

#### Approval date

2019-01-27, 1397/11/07

#### Ethics committee reference number

IR.ZAUMS.REC.1397.410

### Health conditions studied

#### 1

##### Description of health condition studied

chronic non-specific low back pain

##### ICD-10 code

M54.9

##### ICD-10 code description

Dorsalgia, unspecified

### Primary outcomes

#### 1

##### Description

pain

##### Timepoint

before intervention and after intervention

##### Method of measurement

Visual Analogue Scale

#### 2

##### Description

Functional disability

##### Timepoint

before intervention and after intervention

##### Method of measurement

Oswestry scale

#### 3

##### Description

postural stability indices

##### Timepoint

before intervention and after intervention

##### Method of measurement

biodex balance system

### Secondary outcomes

empty

### Intervention groups

#### 1

##### Description

Intervention group: motor control exercises and small muscles lumbar stretch, eighteen training sessions during 6 consecutive weeks, three times per week, 30 or 40 minutes per sessions including: twenty minutes for receiving hot pack and TENS and 20 minutes for training and exercises.

**Category**

Rehabilitation

**2****Description**

Control group: motor control exercises, eighteen training sessions during 6 consecutive weeks, three times per week, 30 or 40 minutes per sessions including: twenty minutes for receiving hot pack and TENS and 20 minutes for training and exercises.

**Category**

Rehabilitation

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

Razmejo-Moghadam Physiotherapy Clinic

**Full name of responsible person**

Dr. Asghar Akbari

**Street address**

Dept. of Physiotherapy, School of Rehabilitation Sciences, Razmejo-Moghadam Laboratory, Ayatoallah Kafami St.

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

Zahedan University of Medical Sciences

**Full name of responsible person**

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a.akbari@zaums.ac.ir

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

Yes

**Title of funding source**

Zahedan University of Medical Sciences

**Proportion provided by this source**

100

**Public or private sector**

Public

**Domestic or foreign origin**

Domestic

**Category of foreign source of funding**

empty

**Country of origin****Type of organization providing the funding**

Academic

**Person responsible for general inquiries****Contact****Name of organization / entity**

Zahedan University of Medical Sciences

**Full name of responsible person**

Dr. Asghar Akbari

**Position**

Ph.D in Physiotherapy

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Physiotherapy

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

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**Full name of responsible person**

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**Position**

Associate Professor

**Latest degree**

Ph.D.

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**Person responsible for updating data**

**Contact**

**Name of organization / entity**

Zahedan University of Medical Sciences

**Full name of responsible person**

asghar akbari

**Position**

associate professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

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**Street address**

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**Sharing plan**

**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

**Study Protocol**

Yes - There is a plan to make this available

**Statistical Analysis Plan**

Yes - There is a plan to make this available

**Informed Consent Form**

Yes - There is a plan to make this available

**Clinical Study Report**

Not applicable

**Analytic Code**

Not applicable

**Data Dictionary**

Not applicable

**Title and more details about the data/document**

The whole data after making people unidentifiable can be shared.

**When the data will become available and for how long**

2 months after publication of the results.

**To whom data/document is available**

Researchers working in academic and scientific institutions.

**Under which criteria data/document could be used**

All whole data is available for researchers after making the participants unidentifiable, and any other analysis on the data and any use for research and therapeutic purposes is permitted in this study.

**From where data/document is obtainable**

Dr. Asghar Akbari. address: Dept. of Physiotherapy, School of Rehabilitation Sciences, Razmejo-moghadam Laboratory, Ayatollah Kafami St. City: Zahedan country: Iran Postal code: 9813664855 Tel:+985433424675 Fax: +985433424675 Email: abkari\_as@yahoo.com

**What processes are involved for a request to access data/document**

After receiving the message from the person requesting the application, and investigating the terms of the request the earliest opportunity is information required to be sent to the individual.

**Comments**

I do not have.