

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

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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

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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

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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**

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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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Associate Professor

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Other areas of specialty/work

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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.