Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The Effectiveness of Eight Weeks Suspension Training exercises than Isotonic-Isometric CORE Stabilizer in the Treatment of Diastasis Recti Abdominis in Postpartum Period.

Protocol summary

Study aim
The aim of this clinical trial is to study the effectiveness of Eight Weeks TRX Exercises than Isotonic-Isometric CORE Stabilizer in the Treatment of Diastasis Recti Abdominis in Postpartum Period.

Design
Clinical trials with control group, parallel groups, Double blind Study, randomized

Settings and conduct
Diagnosis of diastasis recti in Fatemieh Hospital and evaluation of study parameters in Sport rehabilitation laboratory of Bu-Ali Sina University in Hamedan, and exercise interventions for 8 weeks (3 sessions in week) will be under the supervision of the researcher. In this study, the evaluators, participants and data analyzers are unaware of the details.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Age ranges between 20 and 40 years, The distance between the two rectus abdominal muscles is greater than 2 cm, Above and below the umbilicus and 2.5 cm in the umbilicus area, BMI below 30, WHR Above 0/85, The number of birth above one, Exit criteria: Heart disease, Respiratory Diseases, Postpartum depression, Abdominal surgery, Anxiety and stress, Gestational Diabetes Mellitus, Smoking, exercises training before and during pregnancy,

Intervention groups
Intervention group: TRX training Intervention group: Isotonic-Isometric CORE Stabilizer training control group: No intervention

Main outcome variables
Linea Alba Width; pain and disability; lumbopelvic proprioception; lumbopelvic control; musculoskeletal disorders of the trunk; balance; pressure distribution

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20190219042761N1**
Registration date: **2019-07-06, 1398/04/15**
Registration timing: **retrospective**

Last update: **2019-07-06, 1398/04/15**
Update count: **0**

Registration date
2019-07-06, 1398/04/15

Registrant information

Name
Nahid Bigdeli

Name of organization / entity
Bu Ali Sina university

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Iran (Islamic Republic of)

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+98 81 3838 1423

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-03-02, 1397/12/11

Expected recruitment end date
2019-06-20, 1398/03/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date

empty

Scientific title
The Effectiveness of Eight Weeks Suspension Training exercises than Isotonic-Isometric CORE Stabilizer in the Treatment of Diastasis Recti Abdominis in Postpartum Period.

Public title
The effect of training interventions in the treatment of diastasis recti.

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Age ranges between 20 and 40 years The distance between the two rectus abdominal muscles is greater than 2 cm above and below the umbilicus and 2.5 cm in the umbilicus area. BMI below 30 WHR Above 0/85 The number of birth above one

Exclusion criteria:
Heart disease Respiratory Diseases Postpartum depression Abdominal surgery Anxiety and stress Gestational Diabetes Mellitus Smoking exercises training before and during pregnancy

Age
From **20 years** old to **40 years** old

Gender
Female

Phase
N/A

Groups that have been masked

- Participant
- Data analyser
- Data and Safety Monitoring Board

Sample size
Target sample size: **45**

Randomization (investigator's opinion)
Randomized

Randomization description
In this study, the subjects were numbered and then we placed them in the Random Number Generator software and the software completely randomly placed the subjects in one of the TRX exercises, isometric-isotonic exercises of the core muscle and the control group.

Blinding (investigator's opinion)
Double blinded

Blinding description
Participants, assessors of the parameters in the study and data analyzers

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Hamedan University of Medical Sciences

Street address
Hamedan University of Medical Sciences, Shahid fahmideh st, Pajuhesh sq, Hamrdan, Iran

City
Hamedan

Province
Hamadan

Postal code
65178-38695

Approval date
2019-01-26, 1397/11/06

Ethics committee reference number
IR.UMSHA.REC.1397.825

Health conditions studied

1

Description of health condition studied
Diastasis Recti Abdominis

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Diastasis Recti Width

Timepoint
30 to 60 days after postpartum

Method of measurement
Digital Caliper

Secondary outcomes

1

Description
pain and disability; lumbopelvic proprioception; lumbopelvic control; musculoskeletal disorders of the trunk; balance; pressure distribution

Timepoint
30 to 60 Days after postpartum

Method of measurement
Visual Analogue Scale, Oswestry Disability Questionnaire, Goniometer, lateral step down test, Flexible ruler, Biodex balance System, Foot pressure measurement system

Intervention groups

1

Description
Intervention group: TRX Training, 24 session and each session is 1 hour, 3 day a week
Category
Rehabilitation

2

Description
Intervention group: than Isotonic-Isometric CORE Stabilizer, 24 session and each session is 1 hour, 3 day a week
Category
Rehabilitation

3

Description
Control group: No Intervention
Category
Diagnosis

Recruitment centers

1

Recruitment center
Name of recruitment center
Fatemieh Hospital of Hamedan
Full name of responsible person
Roghayeh Anvari Ali Abad
Street address
Fatemieh Hospital, Pasdaran St, Hamedan
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Web page address

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Bu Ali Sina University
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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
Bu Ali Sina University
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
Bu Ali Sina University
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Ali Yalfani
Position
Associate professor
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Other areas of specialty/work
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available