

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 2026

The role of core stability exercises in treatment of nurses with chronic low back pain; A single blinded Randomized Controlled Trial

Protocol summary

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Summary

The main Purpose of this study is to determine the effect of core stability exercises in the treatment of chronic low back pain in nurses. The sample size includes 36 nurses working at least one year as nurse. Intervention group will receive core stability exercises for 8 weeks but the control group will be placed on the waiting list. The exercises will be conducted by trained Physiotherapists under medical supervision. Before and after the study period (8 weeks), Samples will complete VAS, SF36, Roland, and Morris Disability Questionnaire (RMDQ) and satisfaction of the exercise questionnaires. Primary outcome is pain and will be measured with VAS.

Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2010-09-29, 1389/07/07

Expected recruitment end date

2010-11-29, 1389/09/08

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138903314231N1**

Registration date: **2010-12-12, 1389/09/21**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-12-12, 1389/09/21

Registrant information

Name

Pardis Noormohamadpour

Name of organization / entity

Sport Medicine Research Center, Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 8863 0227

Email address

Scientific title

The role of core stability exercises in treatment of nurses with chronic low back pain; A single blinded Randomized Controlled Trial

Public title

The role of core stability exercises in treatment of nurses with chronic low back pain; A single blinded Randomized Controlled Trial

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Nurses at least one year worked as nurse, Having chronic low back pain (more than 3 months), Non-specific low back pain, pain location in lower lumbar or buttock, age between 18 and 55 years

Exclusion criteria: Any signs of red flags (such as serious spinal cord involvement, urine or fecal incontinence, numbness, paralysis in the limbs), pregnancy, having history of any systemic diseases

Age

From **18 years** old to **55 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 36

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Single blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Tehran University of Medical Sciences and Health Services - Ethics committee

Street address

Faculty of Medicine, Tehran University of Medical Sciences, Keshavarz Blvd., Tehran

City

Tehran

Postal code**Approval date**

2009-06-20, 1388/03/30

Ethics committee reference number

88-03-30-9316

Health conditions studied**1****Description of health condition studied**

Diseases of the musculoskeletal system and connective tissue

ICD-10 code

M54.5

ICD-10 code description

Low back pain

Primary outcomes**1****Description**

Pain

Timepoint

Before the intervention, 8 weeks after intervention

Method of measurement

Questionnaires

Secondary outcomes**1****Description**

quality of life

Timepoint

Before the intervention, 8 weeks after

Method of measurement

SF36 Questionnaire

2**Description**

Disability

Timepoint

Before the intervention, 8 weeks after

Method of measurement

Roland and Morris Disability Questionnaire

3**Description**

satisfaction from the exercise

Timepoint

Before the intervention, 8 weeks after the intervention

Method of measurement

satisfaction of the exercise questionnaire

Intervention groups**1****Description**

control group: waiting list

Category

Other

2**Description**

intervention group: 1) Lie on back, Tighten abdominal muscles , press back down into floor - 1 sets of 10 Repetition, twice a day, hold all repetition for 15 Seconds 2) Begin on knees and hands, Tighten abdominal muscles- 1 sets of 10 Repetition, twice a day, hold all repetition for 15 Seconds 3) Walk with tightening abdominal muscles-30 minutes per day 4) Do your daily works with tightening abdominal muscles 5) Lie on back, Lift your buttocks off floor. - 1 sets of 10 Repetition, twice a day, hold all repetition for 15 Seconds 6) Begin on knees and hands, Extend your leg while lifting the opposite arm- 1 sets of 10 Repetition, twice a day, hold all repetition for 15 Seconds 7) Lie on your side, Raise your thighs and hips off floor. - 1 sets of 10 Repetition, twice a day, hold all repetition for 15 Seconds 8) Lie on back, Move your elbow to opposite knee. - 1 sets of 10 Repetition, twice a day, hold all repetition for 15 Seconds 9) Lie on back, Raise your leg and ipsilateral arm off floor- 1 sets of 10 Repetition, twice a day, hold all

repetition for 15 Seconds 10) Lie face down, raising your arms and legs off floor. - 1 sets of 10 Repetition, twice a day, hold all repetition for 15 Seconds 11) Lie on back, bent your legs, Rotate your legs from side to side. - 1 sets of 10 Repetition, twice a day, hold all repetition for 15 Seconds 12) Begin standing, Raise one knee up. - 1 sets of 10 Repetition, twice a day, hold all repetition for 15 Seconds 13) Begin standing, do lunge. - 1 sets of 10 Repetition, twice a day, hold all repetition for 15 Seconds 14) Begin standing, do lunge, Raise one knee up. - 1 sets of 10 Repetition, twice a day, hold all repetition for 15 Seconds In addition, there are similar exercises on the sport ball - 1 sets of 10 Repetition, twice a day, hold all repetition for 15 Seconds

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Sport Medicine Research Center, Tehran University of Medical Sciences and Health Services

Full name of responsible person

Dr. Ramin Kordi

Street address

No. 7- Opposite Shariati Hospital Clinic- After the overpass Nasr- Crossing Jalal Al Ahmad- Tehran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Sport Medicine Research Center, Tehran University of Medical Sciences

Full name of responsible person

Dr. Akbar Fotouhi

Street address

Faculty of Medicine- Tehran University of Medical Sciences- Keshavarz Blvd - Tehran

City

Tehran

Grant name

88-03-30-9316

Grant code / Reference number

88-03-30-9316

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

Yes

Title of funding source

Sport Medicine Research Center, Tehran 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

Sport Medicine Research Center, Tehran University of Medical Sciences and Health Services

Full name of responsible person

Dr. Ramin Kordi

Position

Assistant Professor of Tehran University of Medical Sciences

Other areas of specialty/work

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Full name of responsible person

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Position

Resident of sports and exercise medicine - Sport Medicine Research Center, Tehran University of Medi

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Full name of responsible person

Dr. Ramin Kordi

Position

Assistant Professor - Tehran University of Medical Sciences and Health Services

Other areas of specialty/work

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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