Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

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

Protocol summary

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.

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)

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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

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: wating 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

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Other areas of specialty/work

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Person responsible for updating data

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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