

# 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

normohamadpour@razi.tums.ac.ir

#### 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

#### Street address

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

#### City

Tehran

#### Postal code

14395-578

#### Phone

+98 21 8863 0227

#### Fax

+98 21 8800 3539

#### Email

ramin\_kordi@sina.tums.ac.ir

#### Web page address

## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

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

#### Full name of responsible person

Dr. Pardis Noormohamadpour

#### Position

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

#### Other areas of specialty/work

#### Street address

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

#### City

Tehran

#### Postal code

14395-578

#### Phone

+98 21 8863 0227

#### Fax

+98 21 8800 3539

#### Email

normohamadpour@razi.tums.ac.ir

#### Web page address

## Person responsible for updating data

### Contact

#### Name of organization / entity

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

#### Full name of responsible person

Dr. Ramin Kordi

#### Position

Assistant Professor - Tehran University of Medical Sciences and Health Services

#### Other areas of specialty/work

#### Street address

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

#### City

Tehran

#### Postal code

14395-578

#### Phone

+98 21 8863 0227

#### Fax

+98 21 8800 3539

#### Email

ramin\_kordi@sina.tums.ac.ir

#### Web page address

## 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*