

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effect of a six week water based exercise with Naturopathy on pain and disability and the extent of muscle selective activity in non specific low back pain

Protocol summary

Study aim

The effect of 6 week aquatic exercise with Naturopathy method on pain The effect of 6 week aquatic exercise with Naturopathy method on disability The effect of 6 week aquatic exercise with Naturopathy method on the amount of muscle activity Gluteus maximus, Gluteus medius, multifidus The effect of 6 week aquatic exercise with Naturopathy method muscle activity time in persons with non_specific low back pain

Design

The experimental study was quasi_experimental, two groups of control and test, experimental.

Settings and conduct

Prior to the on set of aquatic exercise, both control and test groups consisted of 12 control and 12 test group. They were asked to visit the Quazvin city laboratory, After confirming ethics in research and obtaining written consent form, information about high, weight, obtained from both groups. Then to evaluate the amount and time of activity of the muscles of Gluteus maximus, Gluteus medius, multifidus surface Electromyography was performed and recorded by groups. The Quebec pain Questionnaire was used to assess pain and the Oscuster Questionnaire was used to assess disability by both groups. After that, aquatic exercise was started for the test groups. After exercise the control and test groups were again re_tested with post_test surface Electromyography and pain and disability Questionnaires were distributed between the two groups. The controls group received no aquatic exercises

Participants/Inclusion and exclusion criteria

The inclusion criteria for women with non_specific chronic low back pain were in the age range of 25_40 years. They had no spine surgery and had acute low back pain Non_arrival conditions.

Intervention groups

Determine the effectiveness of aquatic exercise for

persons with non_specific chronic low back pain.

Main outcome variables

Pain, Disability, The amount of muscle activity, Muscle activity time

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200318046806N1**

Registration date: **2020-04-03, 1399/01/15**

Registration timing: **retrospective**

Last update: **2020-04-03, 1399/01/15**

Update count: **0**

Registration date

2020-04-03, 1399/01/15

Registrant information

Name

Fariba Bahrami eyvanaki

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 28 3357 7449

Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-05-10, 1398/02/20

Expected recruitment end date

2019-06-22, 1398/04/01

Actual recruitment start date

2019-07-11, 1398/04/20
Actual recruitment end date
2019-08-23, 1398/06/01
Trial completion date
2019-08-23, 1398/06/01

Scientific title
Effect of a six week water based exercise with Naturopathy on pain and disability and the extent of muscle selective activity in non specific low back pain

Public title
Water exercise for people with non_specific low back pain

Purpose
Other

Inclusion/Exclusion criteria
Inclusion criteria:
People with non_specific Be woman Age range from 25 to 40 years
Exclusion criteria:
Have spine surgery Acute low back pain

Age
From **25 years** old to **40 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**
Actual sample size reached: **24**

Randomization (investigator's opinion)
Randomized

Randomization description
Simple randomization method was used that in this method for generate random sequences Random allocation software was used. Then, central randomization method was used to allocation concealment.

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
Institute of physical Education.
Street address

Motahari
City
Tehran
Province
Tehran
Postal code
1587958711
Approval date
2019-07-01, 1398/04/10
Ethics committee reference number
IR.SSRC.REC.1398.094

Health conditions studied

1

Description of health condition studied
Non_specific low back pain
ICD-10 code
M54.5
ICD-10 code description
Low back pain.

Primary outcomes

1

Description
Pain
Timepoint
Pre_test, post_test
Method of measurement
Quebec questionnaire

2

Description
Disability
Timepoint
Pre_test, post test
Method of measurement
Osustery questionnaire

Secondary outcomes

1

Description
The amount of muscle activity
Timepoint
Pre_test, post_test
Method of measurement
Electromyography machine superficial

2

Description
Muscle activity time
Timepoint
Pre_test, post_test
Method of measurement
Electromyography machine superficial

Intervention groups

1

Description

Intervention group 1: This group was taken before the start of aquatic exercise by surface electromyography under the supervision of a neuro muscular specialist and filled out a Questionnaire on pain and disability. Then the aquatic exercise were performed for 6 week, every week 3 sessions one hour (10_15 minutes warmup, 30_35 minutes main exercise, 5_10 minutes coldup) done. After exercise the muscle nerve band test was performed by a specialized surface electromyography done and answer Quebec questionnaire pain and Osustery questionnaire disability

Category

Rehabilitation

2

Description

Control group: This group had no role in the aquatic exercise. They taken only before and after the test by electromyography machine surface under of a neuromuscular specialist and answer the Quebec questionnaires of pain and Osustery questionnaire of disability.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Pool shahed

Full name of responsible person

Fariba Bahrami

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Valiasr

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University Raja

Full name of responsible person

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Grant name

Grant code / Reference number

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

No

Title of funding source

شخص خودم

Proportion provided by this source

50

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

Other

Person responsible for general inquiries

Contact

Name of organization / entity

University raja

Full name of responsible person

Fariba Bahrami

Position

Coach

Latest degree

Master

Other areas of specialty/work

Others

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

Information the persons secret

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

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

In the articles

When the data will become available and for how long

Not specified

To whom data/document is available

Researchers in academic and scientific instutions

Under which criteria data/document could be used

In the articles

From where data/document is obtainable

University raja

What processes are involved for a request to access data/document

The reason for the request should be clear

Comments