Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Investigation on the effects of Core stability and General exercise on functional activity in non- specific low back pain patients

Protocol summary

Summary

Background: Low back pain is a common musculoskeletal disorder with a high prevalence, so that 85% of the population may experience it. Core Stability exerciseshas been recommended to improve neuromuscular skeletal system function in order to increase the protection of vertebral column and improve functional activities. Methods: Sixty patients (aged 18 to 30 years old) with chronic low back pain are randomly assign in one of two general exercise (GE, n=30) and core stability (CS, n=30) groups of this clinical trial. The protocol of intervention include 4 weeks (3 sessions in week) of designed exercise in each groups. The functional activities are measure before and after intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201504154485N3**
Registration date: **2015-05-02, 1394/02/12**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2015-05-02, 1394/02/12

Registrant information

Name

Abdolhamid Hajihasani

Name of organization / entity

Semnan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Semnan University of Medical Sciences

Expected recruitment start date

2015-05-05, 1394/02/15

Expected recruitment end date

2015-09-06, 1394/06/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigation on the effects of Core stability and General exercise on functional activity in non- specific low back pain patients

Public title

Efects of exercise therapy on activity in low back pain patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion Criteria: Non- specific low back pain patients; Aged 18 to 30 years old Exclusion Criteria: Neural. Skeletal, Muscular, cardiac, Vascular and Respiratory disease; Systematic disease; Spondylolssis and Spondylolystesis; Surgical treatment on Low back pain; Truma on Low back pain one week before intervention; Disc herniation; Polyneuropathy; Pregnancy

Age

From **18 years** old to **35 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Semnan University of Medical Sciences

Street address

Rehabilitation Faculty,Semnan University of Medical Sciences, 5 kilometers of Damghan road, Semnan. Iran

City

Semnan

Postal code

Approval date

2014-07-09, 1393/04/18

Ethics committee reference number

93.470218

Health conditions studied

1

Description of health condition studied

Low Back Pain

ICD-10 code

M62.6

ICD-10 code description

Muscle strain

Primary outcomes

1

Description

Test of balance

Timepoint

4 weeks after intervension

Method of measurement

Force plate set

Secondary outcomes

empty

Intervention groups

1

Description

General Exercise of Physiotherapy, include of Strengthenhng exercise in physiotherapy clinic

Category

Rehabilitation

2

Description

Core Stability Exercise, include of 8 specific exercises

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Physiotherapy clinic of Tabatabai

Full name of responsible person

Elham Fatemi

Street address

Clinic of Physiotherapy, Ghods Street, Semnan, Iran

City

Semnan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Ali Rashidipour

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Semnan University of Medical Science,Basije Bulvard,Semnan, Iran

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Semnan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Semnan 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

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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