Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effects of Pelvic Clock vs Pelvic Tilt Exercises on pregnant women with low back pain during their third trimester

Protocol summary

Study aim
To compare the effects of pelvic floor exercises and pelvic tilt exercises on low back pain during third trimester of pregnancy

Design
A randomized open-label parallel control group clinical trial.

Settings and conduct
Patients will be recruited according to the inclusion criteria of study, from Mola Bakhsh Hospital Sargodha and District Headquarter Hospital Sargodha. After this initial assessment will be performed and patients will be randomized in two groups to receive their respective treatment. Outcomes will be assessed before and after completion of treatment.

Participants/Inclusion and exclusion criteria
INCLUSION CRITERIA: • Age limit 25 to 35 • Pregnant women with low back pain in 3rd trimester. EXCLUSION CRITERIA: • Systemic illness • Traumatic injury • Previous surgery.

Intervention groups
Intervention Group 1: Hot pack will be applied for 10 minutes and then pelvic tilt exercises will be performed for 15 minutes for the treatment of low back pain. 5 sessions/week will be given for 4 weeks. Intervention Group 2: Hot pack will be applied for 10 minutes and then pelvic clock exercises will be performed for 15 minutes. 5 sessions/week will be given for 4 weeks. Treatment time of each session be approximately 25 minutes.

Main outcome variables
Visual analogue scale (VAS), Oswestry disability index (ODI)

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20210730052018N1**
Registration date: **2021-09-09, 1400/06/18**
Registration timing: **retrospective**

Last update: **2021-09-09, 1400/06/18**
Update count: **0**

Registration date
2021-09-09, 1400/06/18

Registrant information

Name
Bushra Mushtaq

Name of organization / entity
Government college university Faisalabad

Country
Pakistan

Phone
+92 48 3252717

Email address
bushaamushtaq213@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2021-08-04, 1400/05/13

Expected recruitment end date
2021-09-04, 1400/06/13

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effects of Pelvic Clock vs Pelvic Tilt Exercises on pregnant women with low back pain during their third trimester

Public title
Effects of Pelvic Clock vs Pelvic Tilt Exercises on pregnant women with low back pain during their third trimester
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Age limit 25 to 35 Pregnant women with low back pain in 3rd trimester
Exclusion criteria:
Any systemic illness Gestational diabetes Urinary tract infection Multiple pregnancy Complication during pregnancy First and second trimester Traumatic injury Any previous surgery
Age
From **25 years** old to **35 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **26**
Randomization (investigator's opinion)
Randomized
Randomization description
Written informed consent will be taken. After enrollment into study, patients will be allocated either to Group 1 or Group 2 by lottery method. No. of chits will be equal to total sample size, odd no. will be allocated to Group 1 and even no. will be allocated to Group 2. Each patient will be requested to draw a chit from the box and after that patient will be recruited into either Group 1 or Group 2.
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
Non-probability purposive sampling will be used to recruit the individual for the study and then randomization will be done by lottery method to allocate the individual to two interventional groups. Sealed envelops will be used for allocation concealment.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Sargodha Institute of Health Sciences (SIHS), Research Ethical Committe (REC)
Street address
117-C, Zafar Ullah Road, Satellite Town, Sargodha.
City
Sargodha
Postal code
40100
Approval date
2021-07-17, 1400/04/26
Ethics committee reference number
SIHS/21/157

Health conditions studied

1

Description of health condition studied
Low back pain is leading health problem in lumbosacral region. It is defined by muscle tension, or stiffness localized below the costal margin and above the inferior gluteal folds. The symptoms of low back pain occurs in people of all ages .The low back pain symptoms may be short lasting but frequent occurrence is common , the acute episode lasts from few days to four weeks while sub-acute phase of low back pain lasts for four to twelve weeks and chronic low back pain persists from months and years. It is a composite condition with several contributing factors involving psychological factors, social factors and biophysical factors
ICD-10 code
M54.5
ICD-10 code description
Low back pain

Primary outcomes

1

Description
pain
Timepoint
before treatment, after treatment (4th week)
Method of measurement
Visual analogue scale (VAS)

2

Description
Functional performance
Timepoint
before treatment, after treatment (4th week)
Method of measurement
Oswestry Disability Index (ODI)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group 1: After taking baseline measures group A patients will receive hot pack for 10 minutes and pelvic tilt exercise for 15 minutes. 5 sessions/ week will be given for 4 weeks

Category

Other

2

Description

Intervention group 2: After taking baseline measures group B patients will receive hot pack for 10 minutes and pelvic clock exercise for 15 minutes. 5 sessions/week will be given for 4 weeks. Treatment time of each session will be approximately 25 minutes

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Mola Bakhsh Hospital Sargodha

Full name of responsible person

Bushra Mushtaq

Street address

Sulemanpura, Sargodha, Punjab

City

Sargodha

Postal code

40100

Phone

+92 48 3726938

Email

bushaamushtaq213@gmail.com

Web page address

https://www.medicall.com.pk/hospital?id=mola-bakhsh-hospital-72287

2

Recruitment center

Name of recruitment center

District Headquarter Hospital Sargodha.

Full name of responsible person

Bushra Mushtaq

Street address

Thana Rd, Bhalwal, Sargodha, Punjab

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Web page address

https://punjab.gov.pk/node/859

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mola Bakhsh hospital Sargodha

Full name of responsible person

Bushra Mushtaq

Street address

Sargodha, Punjab, Pakistan

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Web page address

https://www.medicall.com.pk/hospital?id=mola-bakhsh-hospital-72287

Grant name

Grant code / Reference number

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

No

Title of funding source

Mola Bakhsh Hospital, Sargodha

Proportion provided by this source

100

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

Sargodha Institute of Health Sciences

Full name of responsible person

Bushra Mustaq

Position

Senior lecturer

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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House no 1428 Mohallah Qazian Wala khushab.

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Khushab

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Person responsible for scientific inquiries

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Person responsible for updating data

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Web page address
https://www.medicall.com.pk/hospital?id=mola-bakhsh-hospital-72287

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
There is no further decision and information decided yet
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available