

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Comparison of effects of regular back Isometric exercises and Core stability exercises among the patients with chronic low back pain

Protocol summary

Study aim

The purpose of our study was figuring effects of regular isometric exercises and core muscles strengthening (core stability) of patients suffering from chronic Low back pain.

Design

experimental design.

Settings and conduct

it was conducted at Al-Khumeini trust hospital, Lahore

Participants/Inclusion and exclusion criteria

Inclusion criteria was both females and males, 18yr – 50yr of age, patients with LBP minimum from last 6 months. Exclusion criteria was any patients gone through lumbar spine surgery, Spondylolisthesis, general disease/ TB of spine and spinal trauma.

Intervention groups

Two classification (A&B) in the research programme. (A) received routine physical therapy whereas (B) was received routine physical therapy combined with core stability exercises. All patients followed the routine therapy programme for CHRONIC LOW BACK PAIN patients were provided by a rehabilitation centre for 8 week period this programme consisted of 1 hour of treatment a day 3 times a week for 8 weeks (24 sessions). Along with that, each patient in experimental group performed core stability exercises for 15 minutes every day.

Main outcome variables

Pain on NPRS Functional Mobility on ODI

General information

Reason for update

Acronym

CEICSLBP

IRCT registration information

IRCT registration number: **IRCT20191117045462N6**

Registration date: **2021-12-27, 1400/10/06**

Registration timing: **retrospective**

Last update: **2021-12-27, 1400/10/06**

Update count: **0**

Registration date

2021-12-27, 1400/10/06

Registrant information

Name

Wajeetha Zia

Name of organization / entity

Riphah International University

Country

Pakistan

Phone

+92 42 35126110

Email address

wajeetha_z@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-02-01, 1398/11/12

Expected recruitment end date

2020-05-30, 1399/03/10

Actual recruitment start date

2020-02-01, 1398/11/12

Actual recruitment end date

2020-05-30, 1399/03/10

Trial completion date

2020-06-30, 1399/04/10

Scientific title

Comparison of effects of regular back Isometric exercises and Core stability exercises among the patients with chronic low back pain

Public title

Comparison of effects of regular back Isometric exercises and Core stability exercises among the patients with chronic low back pain

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
both females and males 18yr – 50yr of age LBP minimum from last 6 months.

Exclusion criteria:
lumbar spine surgery Spondylolisthesis TB of spine and spinal trauma.

Age
From **18 years** old to **50 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **84**
Actual sample size reached: **84**

Randomization (investigator's opinion)
Not randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features
Quasi experimental design

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Institutional Review Board(IRB University of South Asia

Street address

47-Tufail Road, Lahore Cantt

City

Lahore

Postal code

54000

Approval date

2020-01-22, 1398/11/02

Ethics committee reference number

Ref No: IRB-USA-FLHS/43/2020

Health conditions studied

1

Description of health condition studied

Low back pain

ICD-10 code

M51.26

ICD-10 code description

Other intervertebral disc displacement, lumbar region

Primary outcomes

1

Description

Pain

Timepoint

Pre and post

Method of measurement

Numeric Pain Rating Scale

2

Description

Functional mobility

Timepoint

Pre and post

Method of measurement

oswestry disability questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: isometric back exercise i.e plank and swiss ball sitting along with routine physical therapy exercises i.e Bridging, back press, knee press, ankle press, head and heel press 3 times per week for 8 weeks.

Category

Rehabilitation

2

Description

Control group: routine physical therapy exercises of Bridging, back press, knee press, ankle press, head and heel press for 3 times per week for 8 weeks

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Al-khumeini Hospital

Full name of responsible person

Wajeeha Zia

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Madar e millat road

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Sponsors / Funding sources

1

Sponsor

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Grant name
educational
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
University of South Asia
Proportion provided by this source
10
Public or private sector
Private
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact

Name of organization / entity
University of South Asia
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Wajeeha Zia
Position
Assistant professor
Latest degree
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Other areas of specialty/work
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

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