Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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
CEICSCLBP

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
Wajeeha Zia

Name of organization / entity
Riphah International University

Country
Pakistan

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Email address
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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 press3 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

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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
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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