

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effects of core stability with dynamic stretching in addition to routine physical therapy in patients with chronic low back pain.

Protocol summary

Study aim

To evaluate the effects of core stability with dynamic stretching in addition to routine physical therapy in patients with chronic low back pain.

Design

Parallel, single blinded, randomized controlled trial

Settings and conduct

The study would be single blinded as the assessor was being masked. and will be done Govt. Mian Munshi Dhq teaching hospital Lahore

Participants/Inclusion and exclusion criteria

Inclusion criteria: •Patient with history of chronic non specific Low Back Pain Either gender ,age ranges from 20-50 years will include in study Exclusion criteria: •Any neurological symptoms Any pathology of spine like Spondylosis, Spondylolisthesis Patients with other comorbidity such as systemic disorders •Patients with sociopsychiatric disorders ,Pregnancy ,Fracture

Intervention groups

Intervention groups 1 Description Intervention group: Patients in Group B were treated with core stability exercises (squats, crunches, front plank, plank with alternating leg lift, supine 2 leg bridge exercise), dynamic stretching (Slum stretch, cat and camel stretch, child pose stretch, overhead lateral stretch, and side leg swings), and routine physical therapy (Experimental Group). For six weeks, both groups received two sessions per week. All of the exercises are performed in two sets of 10-15 repetitions during each session. Category Rehabilitation 2 Description Patients in Group-A (Control Group) receive RPT, which involves 20 minutes of hot pack superficial moist heat and 20 minutes of traditional transcutaneous electrical nerve stimulation (TENS) to the pain site utilising a dual-channel portable TENS unit with an 80-100 pulses per second frequency. In addition, abdominal curl ups in supine, back extensor exercises in prone, hip extensor exercises in prone, and lumbar rotation are performed. Category Rehabilitation

Main outcome variables

Pain, range of motion, physical disability

General information

Reason for update

errors in data need corrections

Acronym

Tanvir

IRCT registration information

IRCT registration number: **IRCT20210908052416N1**

Registration date: **2021-09-21, 1400/06/30**

Registration timing: **retrospective**

Last update: **2021-09-29, 1400/07/07**

Update count: **1**

Registration date

2021-09-21, 1400/06/30

Registrant information

Name

Tanvir Hussain

Name of organization / entity

University of lahore

Country

Pakistan

Phone

+92 41 6116226

Email address

drtanvirhussain212@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-10-26, 1399/08/05

Expected recruitment end date

2021-04-26, 1400/02/06

Actual recruitment start date

2020-10-26, 1399/08/05

Actual recruitment end date

2021-04-26, 1400/02/06

Trial completion date

2021-04-26, 1400/02/06

Scientific title

Effects of core stability with dynamic stretching in addition to routine physical therapy in patients with chronic low back pain.

Public title

Effects of core stability with dynamic stretching in addition to routine physical therapy in patients with chronic low back pain.

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Patients with the history of non-specific chronic low back pain, both male and female patients, age ranges from 20 to 50 years will include in the study

Exclusion criteria:

•Any neurological symptoms Any pathology of spine like Spondylosis, Spondylolisthesis Patients with other comorbidity such as systemic disorders •Patients with sociopsychiatric disorders, Pregnancy,fracture

Age

No age limit

Gender

Male

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **48**

Actual sample size reached: **48**

Randomization (investigator's opinion)

Randomized

Randomization description

Participants were allocated to either to group A or group B by lottery method. Researcher had taken paper chits equal in number to sample size and wrote numbers from 1 to 48 on each paper chit separately. The paper chits are folded, put in box and well shuffled the box. Each participant was requested to draw a paper chit from the box and give to the researcher. Odd numbers were allocated to group A and even numbers were allocated to group B .Participants were recruited into either group A or group B. Each group consists of 24 participants.

Blinding (investigator's opinion)

Single blinded

Blinding description

This was a single blinded study as the assessor was not disclosed about the study group .Assessor was another physical therapist who measured the pre-trial and post-trial readings of pain, range of motion and physical disability. The data collected by the assessor was provided to the researcher.

Placebo

Not used

Assignment

Parallel

Other design features

Parallel group, double blinded, randomized controlled trial

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of The University of Lahore
"Institutional Review Board"

Street address

defence road campus,new campus ,The University of Lahore

City

lahore

Postal code

54000

Approval date

2020-06-04, 1399/03/15

Ethics committee reference number

IRB-Uol-Fahs

Health conditions studied**1****Description of health condition studied**

Chronic low back pain

ICD-10 code

M54.5

ICD-10 code description

Low back pain

Primary outcomes**1****Description**

Pain intensity

Timepoint

Before intervention and then on 2nd, 4th and 6th week

Method of measurement

Numeric pain rating scale

2**Description**

Range of motion

Timepoint

Before intervention and then on 2nd, 4th and 6th week

Method of measurement

Universal goniometer

3

Description

Functional disability

Timepoint

Before intervention and then on 2nd, 4th and 6th week

Method of measurement

Oswestry Low Back Pain Disability Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Patients in intervention group were treated with core stability exercises (squats, crunches, front plank, plank with alternating leg lift, supine 2 leg bridge exercise), dynamic stretching (Slum stretch, cat and camel stretch, child pose stretch, overhead lateral stretch, and side leg swings), and routine physical therapy (Experimental Group). For six weeks, both groups received two sessions per week. All of the exercises are performed in two sets of 10-15 repetitions during each session.

Category

Rehabilitation

2

Description

Control group: Patients in Group-A (Control Group) receive Routine physical therapy, which involves 20 minutes of hot pack superficial moist heat and 20 minutes of traditional transcutaneous electrical nerve stimulation (TENS) to the pain site utilising a dual-channel portable TENS unit with an 80-100 pulses per second frequency. In addition, abdominal curl ups in supine, back extensor exercises in prone, hip extensor exercises in prone and lumber rotation

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Govt.Mian Munshi Dhq teaching hospital Lahore

Full name of responsible person

Dr.Muhammad Yousaf

Street address

Sagian wala bypass, Data Gunj Baksh town

City

lahore

Postal code

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Phone

+92 42 37147265

Email

hamzachemist24pk@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of lahore

Full name of responsible person

Dr.Fareeha Amjad

Street address

1-Km Defence Road, Near Bhuptian Chowk, Lahore

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lahore

Postal code

54000

Phone

+92 42 37812194

Email

fari_fairi@yahoo.com

Grant name

Grant code / Reference number

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

No

Title of funding source

The university of Lahore

Proportion provided by this source

60

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

Govt.Mian Munshi Dhq teaching hospital lahore

Full name of responsible person

Tanvir hussain

Position

physiotherapist

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

Sagian Wala Bypass, Data Gunj Buksh Town, Lahore

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

Tanvir hussain

Position

physiotherapist

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

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

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

EFFECTS OF CORE STABILITY WITH DYNAMIC STRETCHING IN ADDITION TO ROUTINE PHYSICAL THERAPY IN PATIENTS WITH CHRONIC LOW BACK PAIN and all collected deidentified IPD will be shared.

When the data will become available and for how long

Afetr publication

To whom data/document is available

people working in academic institutions and researchers

Under which criteria data/document could be used

It could be used on request

From where data/document is obtainable

Through phone and Email
drtanvirhussain212@gmail.com

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

Through Email and phone 00923024646625

Comments

data can be provided on request but after publication