Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effects of pelvic strengthening exercises with and without lumbopelvic belt on postpartum females with pelvic girdle pain.

Protocol summary

Study aim
To compare the effects of pelvic strengthening excercises with and without lumbopelvic belt on postpartum females with pelvic girdle pain.
Design
Randomize clinical trial, not blind trial, 2 group.
Settings and conduct
MEDLANE MEDICAL COMPLEX GULBERG 3 LAHORE. The study was conducted within 6 months after the approval of synopsis.
Participants/Inclusion and exclusion criteria
Inclusion Criteria: •Age 25-35 •Diagnosed cases of pelvic girdle pain. •Willing to participate in the research •First post partum period. Exclusion Criteria: •History of previous pelvic surgery •History of pelvis fracture •Any neurological problem •Patients using the pain killers •Patients with depression •Uncontrolled thyroid disorder
Intervention groups
Group A: patients were treated with conventional physical therapy treatment and pelvic strengthening exercises with lumbopelvic belt. Group B: patients were treated with conventional physical therapy treatment and pelvic strengthening exercises. Pre interventional readings will be taken at baseline & post interventional readings at 4 weeks
Main outcome variables
pain intensity (VAS) and low back pain (ODI)

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20210108049966N3**
Registration date: **2022-08-15, 1401/05/24**
Registration timing: **retrospective**

Last update: **2022-08-15, 1401/05/24**
Update count: **0**
Registration date
2022-08-15, 1401/05/24

Registrant information
Name
Shanza Tanveer
Name of organization / entity
Riphah International University
Country
Pakistan
Phone
+92 48 3215215
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cheematanvir666@gmail.com

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2022-01-14, 1400/10/24
Expected recruitment end date
2022-02-21, 1400/12/02
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Effects of pelvic strengthening exercises with and without lumbopelvic belt on postpartum females with pelvic girdle pain.

Public title
Effects of pelvic strengthening exercises with and without lumbopelvic belt on postpartum females with pelvic girdle pain.
Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Age 25-35 Diagnosed cases of pelvic girdle pain First post partum period Willing to participate in the research

Exclusion criteria:

History of previous pelvic surgery History of pelvis fracture Any neurological problem Patients using the pain killers Patients with depression Uncontrolled thyroid disorder

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: **16**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization was done through sealed envelope method on sample size of 16 females selected on inclusion & exclusion criteria in order to minimize biasness. Written informed consent will be taken. Lottary method will be used for allocation. Number of chits will be equal to total sample size, odd numbers for Group A allocation and even numbers for group B allocation.Each patient will be requested to draw a chit from the box.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Riphah International University

Street address

28- M Quaid e Azam Industrial Estate, Kot Lakhpat, Lahore.

City

Lahore

Postal code

54000

Approval date

2022-01-14, 1400/10/24

Ethics committee reference number

RCR/RCR & AHS/20/021

Health conditions studied

1

Description of health condition studied

Pelvic girdle pain (PGP): PGP is pain in the front and/or the back of your pelvis that can also affect other areas such as the hips or thighs.

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Pain intensity

Timepoint

Before treatment and after treatment (4th week).

Method of measurement

Visual analogue scale

2

Description

Low back pain

Timepoint

Before treatment and after treatment (4th week).

Method of measurement

Modified Oswestry Low Back Pain Disability Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: patients were treated with conventional physical therapy treatment and pelvic strengthening exercises with lumbopelvic belt in which include the pelvic floor training as well as kegel exercises such as bird dog, dead bug(try to maintain the table top position , assisted heel drops bridges, bridges with core ball and foam rolls. Lumbo pelvic belt for the support up to 4 week and almost 12 hours a day. pre treatment reading were taken as baseline and post treatment reading at 4th week.

Category

Treatment - Other

2

Description

Intervention group: patients were treated with conventional physical therapy treatment with pelvic strengthening exercises in which include the bird dog ,dead bugs , assisted heel drops bridges, bridges with core balls and foam rolls without lumbopelvic belt.

Treatment time was 30 to 40 minutes on the daily basis up to four weeks pre treatment reading were taken as baseline and post treatment reading at 4th week.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
MEDLANE MEDICAL COMPLEX GULBERG 3 LAHORE

Full name of responsible person
Mehar un nisa

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GULBERG 3 LAHORE

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Email
cheematanvir666@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Riphah International University Lahore, Pakistan

Full name of responsible person
Mehar un nisa

Street address
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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
No

Title of funding source
Riphah International University Lahore, Pakistan

Proportion provided by this source
100

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
Riphah International University Lahore, Pakistan

Full name of responsible person
Mehar un nisa

Position
Student

Latest degree
Bachelor

Other areas of specialty/work
Physiotherapy

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House no.1 block A muhafiz town, Sargodha.

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Person responsible for scientific inquiries

Contact

Name of organization / entity
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Position
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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)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
There is no further decision & information is 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