

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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 exercises 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

Email address

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. Lottery 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

Street address

GULBERG 3 LAHORE

City

Lahore

Postal code

54660

Phone

+92 48 3215215

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

Gullberg III Lahore

City

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Postal code

54660

Phone

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Email

cheematanvir666@gmail.com

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

Street address

House no.1 block A muhafiz town, Sargodha.

City

Sargodha

Province

Punjab

Postal code

40100

Phone

+92 48 3215215

Email

cheematanvir666@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Riphah College of Rehabilitation Sciences (RCRS)

Full name of responsible person

Mehar un nisa

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

Street address

House no.1 block A muhafiz town, Sargodha.

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Person responsible for updating data

Contact

Name of organization / entity

Riphah College of Rehabilitation Sciences (RCRS)

Full name of responsible person

Mehar un nisa

Position

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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