

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

Comparison of effects of Core Stability with and without Stretching Exercises on pain and functional disability in Non-Specific Low Back Pain.

Protocol summary

Study aim

To compare the effects of core stability with and without stretching exercises on pain and functional disability in non-specific low back pain.

Design

The study was a Randomized controlled trial. Randomization was done through drawing a number.

Settings and conduct

Study was conducted at layyah city hospital of govt college university Faisalabad layyah campus. The study population was consisted of patients with non specific with low back pain. The study was single blinded. The participants didn't know while they were receiving experimental or conventional treatment.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: Age 25 - 65 years; Both genders; Non-specific low back pain for at least 3 months ; Pain intensity of 3 or higher based on Numeric Pain Rating Scale (NPRS). Non-inclusion Criteria: History of spinal surgery; History of ankylosing spondylitis or rheumatoid arthritis; History of spondylolisthesis or spondylolysis; History of spinal or pelvic fracture; History of spinal inflammation or tumor; History of osteoporosis; Continuous use of pain medications; History of respiratory or heart disease; History of stroke.

Intervention groups

Intervention group: participants performed core stabilization exercises with stretching for 30 min, 3 times/week, for 6 weeks. Control group: they performed core stabilization exercises i.e abdominal hollowing, straight leg raise from prone, supine extension bridge and prone bridge, for 20 minutes 3 times a week.

Main outcome variables

Pain; Disability

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220115053712N3**

Registration date: **2023-07-19, 1402/04/28**

Registration timing: **retrospective**

Last update: **2023-07-19, 1402/04/28**

Update count: **0**

Registration date

2023-07-19, 1402/04/28

Registrant information

Name

Hifza Arif

Name of organization / entity

Muhammad Institute of Medical and Allied Sciences
Multan Pakistan

Country

Pakistan

Phone

+92 309 7697428

Email address

drhizaarif@mimas.edu.pk

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-08-15, 1401/05/24

Expected recruitment end date

2022-09-15, 1401/06/24

Actual recruitment start date

2022-08-15, 1401/05/24

Actual recruitment end date

2022-10-20, 1401/07/28

Trial completion date

2022-10-22, 1401/07/30

Scientific title

Comparison of effects of Core Stability with and without Stretching Exercises on pain and functional disability in

Non-Specific Low Back Pain.

Public title

Core stability with and without stretching exercises on pain and functional disability in non specific low back pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Age 25 – 65 years Both genders Non-specific low back pain for at least 3 months Pain intensity of 3 or higher based on Numeric Pain Rating Scale (NPRS)

Exclusion criteria:

History of spinal surgery History of ankylosing spondylitis or rheumatoid arthritis History of spondylolisthesis or spondylolysis History of spinal or pelvic fracture History of spinal inflammation or tumor History of osteoporosis Continuous use of pain medications History of respiratory disease or heart disease History of stroke

Age

From **25 years** old to **65 years** old

Gender

Both

Phase

2

Groups that have been masked

- Participant

Sample size

Target sample size: **21**

Actual sample size reached: **14**

Randomization (investigator's opinion)

Randomized

Randomization description

Participants were randomly allocated into two groups through drawing a number.

Blinding (investigator's opinion)

Single blinded

Blinding description

The study was single blinded. The participants didn't know while they were receiving experimental or conventional treatment.

Placebo

Not used

Assignment

Parallel

Other design features

toe-tuch test, fair test and ober test used for flexibility assessment

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Institutional ethics committee of GCUF layyah campus

Street address

Near layyah sugar mills; Layyah

City

Layyah

Postal code

31200

Approval date

2022-07-10, 1401/04/19

Ethics committee reference number

GCUFLC/2022/556

Health conditions studied

1

Description of health condition studied

Non specific low back pain

ICD-10 code

M54.5

ICD-10 code description

Low back pain

Primary outcomes

1

Description

Pain

Timepoint

Please write: Before and 6 weeks after treatment

Method of measurement

Numerical pain rating scale (NPRS)

2

Description

Disability

Timepoint

Before and 6 weeks after treatment

Method of measurement

Modified oswestry disability index

Secondary outcomes

1

Description

Functional activities

Timepoint

Before and 6 weeks after treatment

Method of measurement

Modified oswestry disability index (MODI)

Intervention groups

1

Description

Intervention group: participants performed Core stabilization exercises with stretching for 30 min, 3 times/week, for 6 weeks. Core stabilization consisted of

abdominal hollowing, straight leg raise from prone, supine extension bridge and prone bridge and stretching in hip muscle (Hamstrings, Tensor fasciae lata, Piriformis and Gluteus Maximus). All study participants received a total of 18 treatments sessions over a six-week period, which consisted of 3 treatment sessions per week.

Category

Rehabilitation

2

Description

Control group: they performed core stabilization exercises i.e abdominal hollowing, straight leg raise from prone, supine extension bridge and prone bridge, for 20 minutes 3 times a week. All exercises were repeated 3 times. All study participants received a total of 18 treatments sessions over a six-week period, which consisted of 3 treatment sessions per week.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Layyah city hospital

Full name of responsible person

Noshaba kanwal

Street address

Near bale chowk bypass road layyah

City

Layyah

Postal code

31200

Phone

+92 309 9709093

Email

zuhahadeed786@gmail.com

Web page address

https://gcu.edu.pk/

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

GCUF Layyah campus

Full name of responsible person

Shahwar Muneer Bhatti

Street address

Near Layyah Sugar Mills Canal colony LAYYAH

City

Layyah

Postal code

31200

Phone

+92 304 4407035

Email

saaniaanaz@gmail.com

Web page address

https://gcu.edu.pk/

Grant name

Grant code / Reference number

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

Yes

Title of funding source

GCUF Layyah campus

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

GCUF layyah campus

Full name of responsible person

Dr.Sania Naz

Position

professor

Latest degree

Medical doctor

Other areas of specialty/work

Physiotherapy

Street address

Near layyah sugar mills; Layyah

City

Layyah

Province

Punjab

Postal code

31200

Phone

+92 304 4407035

Email

saaniaanaz@gmail.com

Web page address

https://gcu.edu.pk/

Person responsible for scientific inquiries

Contact

Name of organization / entity

GCUF layyah campus

Full name of responsible person

Dr.Noshaba Kanwal

Position

professor

Latest degree

Medical doctor

Other areas of specialty/work

Physiotherapy

Street address

Near layyah sugar mills layyah

City

Layyah

Province

Punjab

Postal code

31200

Phone

+92 309 9709093

Email

zuhahadeed786@gmail.com

Web page address

<https://gcuf.edu.pk/>

Person responsible for updating data**Contact****Name of organization / entity**

GCUF layyah campus

Full name of responsible person

Dr.Nida Ilahi

Position

professor

Latest degree

Medical doctor

Other areas of specialty/work

Physiotherapy

Street address

Near layyah sugar mills layyah

City

Layyah

Province

punjab

Postal code

31200

Phone

+92 331 6213700

Email

nidailahi78@gmail.com

Web page address

<https://gcuf.edu.pk/>

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

Demographic data and data related to final outcome will be shared by maintaining the confidentiality

When the data will become available and for how long

data will be available from april 2024 to june 2024 after the 6 months of publication. The data sharing plan for a clinical trial (i.e., what data will be shared when and under what conditions) will be publicly available at a third-party site that shares data with and meets the data requirements of WHO's International Clinical Trials Registry Platform; this occur before the first participant is enrolled.

To whom data/document is available

dr.Sania Naz (corresponding author) professor at GCUF layyah campus.

Under which criteria data/document could be used

for research purpose

From where data/document is obtainable

To the corresponding author of the study; dr sania naz and can contact on +923044407035saaniaanaz@gmail.com can visit these search engines, you can find my study easily here <https://www.researchgate.net/> <https://scholar.google.com/>

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

open-access and There is the traditional public data release where anyone can get access to the data with no registration or conditions. The request will be reviewed by Director in Charge and in case of eligibility, it would be shared in two weeks

Comments

I want randomized clinical trial registration.