

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Sep 2026

The Effectiveness of Core Stabilization Exercises on Pain and Functional Pain Movements in Women with Non-specific Chronic Low Back Pain

Protocol summary

2024-02-16, 1402/11/27

Study aim

The effect of core stability and strengthening exercises on non-specific chronic pain that disrupts the daily life of Shazand refinery personnel.

Design

A clinical trial with a control and an intervention groups, single blind, randomized, will be conducted on 22 women with non-specific chronic back pain.

Settings and conduct

Place of study: Shazand Refinery sports complex; Study population: 22 women with non-specific chronic back pain; Blinding type: Blinding is not done.

Participants/Inclusion and exclusion criteria

Inclusion criteria: being female; Having at least 12 weeks of non-specific chronic back pain. Exclusion criteria:: surgery on the back; Fracture of the spine

Intervention groups

Intervention group: Core stability training including swimming of the hip bridge plank will be done in four sets of 10 during eight weeks, which will increase the intensity of the exercises week after week, but the duration of the exercise will not change. Control group: without any training period.

Main outcome variables

pain intensity; Functional activity

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230618058518N1**

Registration date: **2024-02-16, 1402/11/27**

Registration timing: **prospective**

Last update: **2024-02-16, 1402/11/27**

Update count: **0**

Registration date

Registrant information

Name

Mina Shafiei

Name of organization / entity

The university of arak

Country

Iran (Islamic Republic of)

Phone

+98 86 3312 1795

Email address

minashafiei1994@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-03-16, 1402/12/26

Expected recruitment end date

2024-05-15, 1403/02/26

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Core Stabilization Exercises on Pain and Functional Pain Movements in Women with Non-specific Chronic Low Back Pain

Public title

The effect of core stability training on pain and functional movements in nonspecific chronic low back pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Being female Chronic nonspecific low back pain

Existence of pain and problems in daily activities during past six months

Exclusion criteria:
Having surgery in the last six months Lumbar spine fracture

Age
From **25 years** old to **35 years** old

Gender
Female

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **23**

Randomization (investigator's opinion)
Randomized

Randomization description
The method of allocation in the groups was done by simple random sampling method and blocking method. For this purpose, all 23 samples of the study were sorted according to pain score index. Then they were assigned to one of the control or experimental groups using blocks of size 2.

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
Ethics Committee of Arak University

Street address
Koi Maskan No. 4, Rezvan Alley

City
arak

Province
Markazi

Postal code
3819787388

Approval date
2023-04-10, 1402/01/21

Ethics committee reference number
IR.ARAKU.REC.1402.015

Health conditions studied

1

Description of health condition studied
none specific low back pain

ICD-10 code
M54.5

ICD-10 code description
Low back pain

Primary outcomes

1

Description
Chronic non-specific back pain

Timepoint
Atto Binging Off at the Andean Offer It's Weeks of Entertainment.

Method of measurement
Using the VAS questionnaire.

Secondary outcomes

1

Description
Quality of life

Timepoint
At baseline and after eight weeks of intervention

Method of measurement
The VAS Questionnaire

Intervention groups

1

Description
Intervention group: Core stability exercises including bridge, sit-up, bridgeside and etc. Week by week the intensity of training is added and the final two weeks of Swiss Ball are used. These exercises are 4 and each set is 10 seconds. These exercises last 8 weeks and three days a week for 30 to 45 minutes.

Category
Treatment - Devices

2

Description
Control group: There was no intervention.

Category
Treatment - Devices

Recruitment centers

1

Recruitment center

Name of recruitment center
Shazand Refinery

Full name of responsible person
Heybatolah Abbasian

Street address

Shazand Imam Khomeini Oil Refining Company,
Shazand Crossroad, 20th km of Borujerd Road

City

Arak

Province

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Postal code

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Web page address**Full name of responsible person**

shahnaz shahrjerdi

Position

phd in sport medicine

Latest degree

Ph.D.

Other areas of specialty/work

Medical Education

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Shazand Oil Refinery

Full name of responsible person

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Shazand Oil Refinery

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Industry

Person responsible for general inquiries**Contact****Name of organization / entity**

Shazand Refinery

Person responsible for scientific inquiries**Contact****Name of organization / entity**

Arak university

Full name of responsible person

Shahnaz Shahrjerdi

Position

PhD in Sport Medicine

Latest degree

Ph.D.

Other areas of specialty/work

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

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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

No more information

Study Protocol

Yes - There is 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

Title and more details about the data/document

All data will be accessible after the research is published.

When the data will become available and for how long

since 2023

To whom data/document is available

Professors and researchers of Arak University and people with non-specific chronic low back pain

Under which criteria data/document could be used

A person who is planning to study will send a message to the researcher via email

From where data/document is obtainable

Anyone who is going to study will refer to Arak University, Basij Square, Karbala Blvd., Sardasht Library of Arak University or to this email address It does.shahnaz_shahrjerdi@gmail.com

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

The applicant can use the information after receiving confirmation from the researcher.

Comments