Clinical Trial Protocol
Iranian Registry of Clinical Trials

10 Jun 2026

Effects of Mcgill versus Lee Stabilization Exercises on Pain, Disability, Range of motion, Quality of life and Endurance in Patient with Chronic Nonspecific Low Back Pain

Protocol summary

Study aim

To compare the effects of Mc Gill versus Lee stabilization exercises on pain, disability, range of motion, quality of life and endurance in patient with chronic nonspecific low back pain

Design

The trial will be conducted at Sir Ganga Ram Hospital, Lahore.The participant will be blinded by the concealment of the technique that will be used on them.

Settings and conduct

Randomized clinical trial, single blinded study, two parallel groups with 32 patients from Sir Ganga Ram Hospital, Lahore.

Participants/Inclusion and exclusion criteria

Inclusion criteria Both male and female patient Age 30–50 years Patient with a history of 3 months nonspecific low back pain Pain intensity (3-7) according to NPRS score Exclusion Criteria Any lumbar surgery Spinal stenosis Neurological dysfunction Systemic disease Pregnancy

Intervention groups

Intervention group 1 :The Mc Gill group in the study will follow a six-week exercise regimen, where they will participate in sessions thrice a week week with 6-10 repetition : Curl-Up, Bird-Dog, Side Plank Intervention group 2: The Lee Stabilization group in the study will follow a six-week exercise protocol specific to the Lee Stabilization method, attending sessions three times a week. The main exercises will be Upper-Body Extension,Alternate Arm and Leg Lift,Alternate Arm and Leg Extension on All Fours, Diagonal Curl Up and Curl up with arms at sides, tilt pelvis to flatten back.

Main outcome variables

Pain,disability, range of motion, quality of life and endurance

General information

Reason for update

Acronym

nlbp

IRCT registration information

IRCT registration number: **IRCT20190717044238N14**
Registration date: **2024-05-18, 1403/02/29**
Registration timing: **prospective**

Last update: **2024-05-18, 1403/02/29**
Update count: **0**

Registration date

2024-05-18, 1403/02/29

Registrant information

Name

Fareeha Amjad

Name of organization / entity

The University of Lahore

Country

Pakistan

Phone

+92 42 99200600

Email address

fari_fairy22@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-05-20, 1403/02/31

Expected recruitment end date

2024-07-29, 1403/05/08

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Effects of Mcgill versus Lee Stabilization Exercises on Pain, Disability, Range of motion, Quality of life and Endurance in Patient with Chronic Nonspecific Low Back Pain

Public title
Effects of Mcgill versus Lee Stabilization Exercises on Pain, Disability, Range of motion, Quality of life and Endurance in Patient with Chronic Nonspecific Low Back Pain

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Patient with a history of 3 months nonspecific low back pain Pain intensity (3–7) according to NPRS score Age: 30–50 years Both male and female patients

Exclusion criteria:
Any lumbar surgery Spinal stenosis Neurological dysfunction Systemic disease Pregnancy Infections Carcinoma Any fracture or deformity

Age
From **30 years** old to **50 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Participant

Sample size
Target sample size: **32**

Randomization (investigator's opinion)
Randomized

Randomization description
Randomization will be done by using sealed envelops which involves assigning participants to different groups by randomly selecting an envelope that contains their group assignment. This will ensure reduced bias in allocation of interventions. Simple randomization method is used to allocate participants to different groups

Blinding (investigator's opinion)
Single blinded

Blinding description
In the trial the participant(who are willing to participate) is blinded by not knowing or being unaware which intervention they are receiving , but the researcher (physiotherapist) know. This trial will be single blinded. Researcher will be responsible for care for participants during the trial, data collectors, outcome assessors, and with lessor importance Data Safety .

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Research and ethics Commitee Riphah College of Rehabilitation and Allied Health Sciences

Street address
Riphah International University Gulberg campus lahore

City
Lahore

Postal code
54000

Approval date
2024-04-03, 1403/01/15

Ethics committee reference number
REC/RCR&AHS/23/0190

Health conditions studied

1

Description of health condition studied
chronic non specific low back pain

ICD-10 code
Low Back P

ICD-10 code description
M54.5

Primary outcomes

1

Description
Pain

Timepoint
Before intervention, 6 weeks

Method of measurement
Numeric pain rating scale (NPRS)

2

Description
Functional disability

Timepoint
Before intervention, 6 weeks

Method of measurement
Urdu version of Oswestry Disability index (ODI)

3

Description
Range of motion

Timepoint
Before intervention, 6 weeks

Method of measurement

Inclinometer

4

Description
Endurance
Timepoint
Before intervention, 6 weeks
Method of measurement
Sorensen Test

5

Description
quality of life
Timepoint
Before intervention, 6 weeks
Method of measurement
SF-36 Urdu version

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Mc Gill group
Category
Rehabilitation

2

Description
Control group: Lee Stabilization
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Sir Ganga Ram Hospital, Lahore
Full name of responsible person
Hafiza Sumbal Liaqat
Street address
Sir Ganga Ram Hospital, Lahore
City
Lahore
Postal code
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Phone
+92 332 0459833
Email
sumballiaqat10@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Riphah International University Lahore
Full name of responsible person
Fareeha Amjad
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fari_fairy22@yahoo.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
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
Full name of responsible person
Hafiza Sumbal Liaqat
Position
MS student
Latest degree
Master
Other areas of specialty/work
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Person responsible for scientific inquiries

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Position

Associate professor

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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Full name of responsible person

Hafiza Sumbal Liaqat

Position

MS sudent

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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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

confidentiality of participants

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

No - There is not 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

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

Consent form in its original format with no information about any participant study protocol -how the intervention was given to both groups

When the data will become available and for how long

Data would be available after the completion of the research

To whom data/document is available

People working in an academic and clinical setting can have access to the above mentioned information/documents

Under which criteria data/document could be used

Data can be used for research paper

From where data/document is obtainable

Data can be requested at following email: sumballiaqat10@gmail.com

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

One can ask for data at the given email address and it would be provided after knowing the general implications of sharing that particular data

Comments