Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Comparison of the effects of spinal stabilization exercises on stress urinary incontinence in women with low back pain compared with routine exercises

Protocol summary

Summary

Introduction: Low back pain is a very common health care problem affecting 85% of population. Also Urinary incontinence is one of the most common complaints in women that can has serious influence on the quality of their lives. Recent studies show that a pattern of co-contraction exists between the abdominal muscles and pelvic floor contraction . this model is deficient in people with chronic low back pain . The aim of this study was to compare the effects of spinal stabilization exercises on stress urinary incontinence in women with low back pain compared with routine exercise . Methods: A randomized clinical trial was performed 60 women aged 45-60 years with chronic back pain who also suffer from urinary incontinence. The subjects were divided into two groups. The case group stabilization training and control group routine training low back pain during 12 weeks were done. Before and after treatment, low back disability variable and rates of urinary incontinence in both groups were assess.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014081218760N1**
Registration date: **2015-04-10, 1394/01/21**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-04-10, 1394/01/21

Registrant information

Name

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Name of organization / entity

Tabriz University of Medical Sciences

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for research of Tabriz University of Medical Sciences

Expected recruitment start date

2014-08-23, 1393/06/01

Expected recruitment end date

2014-11-22, 1393/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effects of spinal stabilization exercises on stress urinary incontinence in women with low back pain compared with routine exercises

Public title

Effects of spinal stabilization training on urinary incontinence in women with LBP

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: women with low back pain with symptoms of urinary incontinence in the age range 45 to 60 years of hard work, with a history of vaginal delivery.

Exclusion criteria: history of cesarean delivery, non-chronic pelvic infections, tumors, rheumatoid disease, vertebral fracture, osteoporosis, severe postural deformities, congenital anomalies of the spine, radiating pain to the legs, severe pain, sleep, depression, eating anti-inflammatory and analgesic drugs during the study period

Age
From **45 years** old to **60 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
N/A

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Tabriz University of Medical Sciences

Street address
Tabriz University of Medical Sciences

City
Tabriz

Postal code

Approval date
2015-01-03, 1393/10/13

Ethics committee reference number
93181

Health conditions studied

1

Description of health condition studied
low back pain

ICD-10 code
M54.5

ICD-10 code description
Low back pain, Lumbago NOS

2

Description of health condition studied
urinary incontinence

ICD-10 code
N39.3

ICD-10 code description
Stress incontinence

Primary outcomes

1

Description
low back Disability

Timepoint
Before treatment and 12 weeks following end of treatment

Method of measurement
Oswestry Disability Index questionnaire

2

Description
urinary incontinence

Timepoint
Beforer treatment and 12 weeks following end of treatment

Method of measurement
ICIQ-SF questionnair

Secondary outcomes

1

Description
Pelvic Floor muscle strength

Timepoint
before and after intervention

Method of measurement
manual muscle tests according axford scale

Intervention groups

1

Description
Intervention Group:spinal stabilization Exercise

Category
Rehabilitation

2

Description
Control Group: Routine physiotherapy for LBP

Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Tabriz Helal Ahmar Center
Full name of responsible person
Street address
City
Tabriz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for research of Tabriz University of Medical Sciences
Full name of responsible person
Dr Mohammad Reza Rashidi
Street address
Tabriz University of Medical Sciences
City
Tabriz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice Chancellor for research of Tabriz University of Medical Sciences
Proportion provided by this source
100
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

Contact
Name of organization / entity
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty