Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Comparison the effect of motor control exercises and small muscles lumbar stretch with motor control exercises on postural stability indices, pain and disability in patients with chronic non-specific low back pain.

Protocol summary

Study aim
The aim of this study was to compare the effect of motor control exercises and small muscles lumbar stretch with motor control exercises on postural stability indices, pain and disability in patients with chronic non-specific low back pain.

Design
Randomized clinical trial, 30 patients with nonspecific chronic low back pain were selected through non probability sampling method.

Settings and conduct
This randomized controlled trial was performed at Zahedan university of medical sciences in 2018-2019 through simple sampling.

Participants/Inclusion and exclusion criteria
Inclusion criteria including: Age between 18 to 50 years; patients with non specific low back pain; no history of radicular pain and any neurologic sign, systemic infection, cardiovascular and balance disorders; not pregnant; no history of metabolic, systemic, inflammatory disease, arthritis and malignancies Non-entry criteria including: history of spinal surgery and severe spinal deformity or disease; instability in the lumbar region; history of new fracture and lower limb injury.

Intervention groups
motor control exercises and small muscles lumbar stretch group and motor control exercises group.

Main outcome variables
Comparison of postural stability indices, pain and disability in motor control exercises and small muscles lumbar stretch group with motor control exercises group.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20090210001675N15**
Registration date: **2019-07-18, 1398/04/27**
Registration timing: **retrospective**

Last update: **2019-07-18, 1398/04/27**
Update count: **0**

Registration date
2019-07-18, 1398/04/27

Registrant information
Name
Asghar Akbari
Name of organization / entity
Zahedan University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 54 1322 8445
Email address
akbaria@zdmu.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-09-23, 1397/07/01

Expected recruitment end date
2019-01-21, 1397/11/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Comparison the effect of motor control exercises and

small muscles lumbar stretch with motor control exercises on postural stability indices, pain and disability in patients with chronic non-specific low back pain.

Public title
Comparison the effect of motor control exercises and small muscles lumbar stretch with motor control exercises in patients with chronic non-specific low back pain.
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Non specific low back pain for a period of at least 3 month. Age between 18 to 50 years No history of radicular pain and any neurologic sign, systemic infection, cardiovascular and balance disorders Not pregnant No history of metabolic, systemic, inflammatory disease, arthritis and malignancies
Exclusion criteria:
history of new fracture and lower limb injury instability in the lumbar region History of spinal surgery and severe spinal deformity or disease
Age
From **18 years** old to **50 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
Subjects were randomly assigned into two groups by random draw. The first group received motor control exercises and small muscles lumbar stretch and the second group received motor control exercises
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 Zahedan University of Medical Sciences
Street address
Deputy of Research, Zahedan University of Medical Sciences, Jannat Blvd., Dr. Hesabi Sq. Zahedan
City
zahedan
Province
Sistan-va-Balouchestan
Postal code
9816843463
Approval date
2019-01-27, 1397/11/07
Ethics committee reference number
IR.ZAUMS.REC.1397.410

Health conditions studied

1

Description of health condition studied
chronic non-specific low back pain
ICD-10 code
M54.9
ICD-10 code description
Dorsalgia, unspecified

Primary outcomes

1

Description
pain
Timepoint
before intervention and after intervention
Method of measurement
Visual Analogue Scale

2

Description
Functional disability
Timepoint
before intervention and after intervention
Method of measurement
Oswestry scale

3

Description
postural stability indices
Timepoint
before intervention and after intervention
Method of measurement
biodex balance system

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: motor control exercises and small muscles lumbar stretch, eighteen training sessions during 6 consecutive weeks, three times per week, 30 or 40 minutes per sessions including: twenty minutes for receiving hot pack and TENS and 20 minutes for training and exercises.

Category

Rehabilitation

2

Description

Control group: motor control exercises, eighteen training sessions during 6 consecutive weeks, three times per week, 30 or 40 minutes per sessions including: twenty minutes for receiving hot pack and TENS and 20 minutes for training and exercises.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Razmejo-Moghadam Physiotherapy Clinic

Full name of responsible person

Dr. Asghar Akbari

Street address

Dept. of Physiotherapy, School of Rehabilitation Sciences, Razmejo-Moghadam Laboratory, Ayatoallah Kafami St.

City

zahedan

Province

Sistan-va-Balouchestan

Postal code

64855-98136

Phone

+98 54 3342 4675

Fax

+98 54 3342 4675

Email

akbari_as@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Zahedan University of Medical Sciences

Full name of responsible person

Dr.noormohammad Bakhshani

Street address

Deputy of Research, Zahedan University of Medical Sciences, Jannat Blvd, Dr.Hesabi Sq.

City

Zahedan

Province

Sistan-va-Balouchestan

Postal code

9816743463

Phone

+98 54 3329 5715

Fax

Email

a.akbari@zaums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Zahedan University of Medical Sciences

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

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Zahedan University of Medical Sciences

Full name of responsible person

Dr. Asghar Akbari

Position

Ph.D in Physiotherapy

Latest degree

Ph.D.

Other areas of specialty/work

Physiotherapy

Street address

Dept. of Physiotherapy,School of Rehabilitation Sciences,Razmjejo-Moghadam Laboratory,Ayatoallah Kafami St.

City

zahedan

Province

Sistan-va-Balouchestan

Postal code

9816843463

Phone

+98 54 3342 4675

Email

akbari_as@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Zahedan University of Medical Sciences

Full name of responsible person

Asghar Akbari

Position
Associate Professor

Latest degree
Ph.D.

Other areas of specialty/work
Physiotherapy

Street address
Dept. of physiotherapy, School of Rehabilitation Sciences, Razmejo-Moghadam Labratory, Ayatollah kafami St.

City
Zahedan

Province
Sistan-va-Balouchestan

Postal code
9813664855

Phone
+98 54 3342 4675

Email
akbari_as@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity
Zahedan University of Medical Sciences

Full name of responsible person
asghar akbari

Position
associate professor

Latest degree
Ph.D.

Other areas of specialty/work
Physiotherapy

Street address
dept. of physiotherapy, School of Rehabilitation Sciences, Razmejo-Moghadam Laboratory, Ayatollah Kafami St.

City
zahedan

Province
Sistan-va-Balouchestan

Postal code
9813664855

Phone
+98 54 3342 4675

Email
akbari_as@yahoo.com

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
Not applicable

Analytic Code
Not applicable

Data Dictionary
Not applicable

Title and more details about the data/document
The whole data after making people unidentifiable can be shared.

When the data will become available and for how long
2 months after publication of the results.

To whom data/document is available
Researchers working in academic and scientific institutions.

Under which criteria data/document could be used
All whole data is available for researchers after making the participants unidentifiable, and any other analysis on the data and any use for research and therapeutic purposes is permitted in this study.

From where data/document is obtainable
Dr. Asghar Akbari. address: Dept. of Physiotherapy, School of Rehabilitation Sciences, Razmejo-moghadam Laboratory, Ayatollah Kafami St. City: Zahedan country: Iran Postal code: 9813664855 Tel:+985433424675 Fax: +985433424675 Email: abkari_as@yahoo.com

What processes are involved for a request to access data/document
After receiving the massage from the person requesting the application, and investigating the terms of the request the earliest opportunity is information required to be sent to the individual.

Comments
I do not have.