

Comparing Different Physiotherapy Interventions on APT in Non Specific Low Back Pain

NCT07098741

Status	RECRUITING
Phase	Not Applicable
Sponsor	National Orthopedic and General Hospital
Enrollment	100 participants

Key Eligibility Criteria

Inclusion (9)

- Age: Participants must be between 20 and 40 years old.
- Gender: Both genders, Male and Female have equal chance of selection as participant in the study.
- Diagnosis: Participants must have a confirmed diagnosis of non-specific low back pain (NSLBP), altered lumbar posture, restricted range of motion of lumbar spine due to muscular spasm etc., altered anterior pelvic tilt angle by a qualified healthcare professional, based on standardized diagnostic criteria (e.g., clinical examination, imaging studies).
- Confirmation of Anterior Pelvic Tilt (APT): Participants exhibiting APT confirmed through physical assessment by a trained examiner. This confirmation will involve the use of standardized measures such as digital inclinometers or goniometers.
- Severity: Participants should have mild to moderate symptoms of non-specific low back pain (NSLBP) specially pain, as determined by the assessing healthcare provider.

... and 4 more (see full listing online)

Exclusion (12)

- Trauma or Fracture: Individuals with a history of trauma or fracture around the pelvic and lumbar region, as this may significantly affect the participant's ability to perform the prescribed exercises and interventions and confound study outcomes.
- Orthopedic or Neurological Surgery: Participants with a history of orthopedic or neurological surgery related to the pelvic or lumbar region, as this may impact the participant's musculoskeletal function and response to the interventions.
- Malignancy: Individuals with a diagnosis of malignancy, as this may introduce confounding variables and complicate the interpretation of study outcomes.
- Autoimmune Disorders: Participants with autoimmune disorders affecting musculoskeletal function, as these conditions may influence the participant's response to interventions and introduce variability in study outcomes.
- Referred or Radiating Visceral Pains: Individuals experiencing referred or radiating visceral pains, as these symptoms may indicate underlying pathologies requiring specific treatment and may confound the assessment of APT and NSLBP.

... and 7 more (see full listing online)

Locations (1 total)

National Orthopedic & General Hospital, Chak Four Hundred Fifty-four, Punjab Province, Pakistan

<https://clinicaltrials.gov/study/NCT07098741>

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