

# Kinetic Control Exercises to Reduce Pain and Improve Balance, Walking, and Stamina in Sacroiliac Joint Issues

NCT07229287

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Lahore University of Biological and Applied Sciences
<b>Enrollment</b>	46 participants

## Key Eligibility Criteria

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### Inclusion (6)

- Symptoms of sacroiliac joint dysfunction lasting more than 2 months
- Male and female participants aged 20-60 years
- Positive lumbopelvic motor control tests
- Pain intensity of e4 on a 0-10 Numeric pain rating scale (NPRS)
- Positive results in three or more of the following provocative tests: FABER test, Distraction test, Thigh Thrust test, Gaenslen test, or Sacral Thrust test
- ... and 1 more (see full listing online)

### Exclusion (7)

- History of malignancy
- Neurological disease affecting the central nervous system (e.g., multiple sclerosis, dementia)
- Rheumatic disease (e.g., fibromyalgia, ankylosing spondylitis, rheumatoid arthritis)
- Disc herniation or lumbar radiculopathy due to systemic disease
- Spinal surgery within the last 12 months
- ... and 2 more (see full listing online)

## Locations (1 total)

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Sehat Medical Complex, Lahore, Punjab Province, Pakistan