

Pilates Exercises on Nonspecific Low Back Pain in Postnatal Women

NCT07359144

Status	RECRUITING
Phase	Not Applicable
Sponsor	Kafrelsheikh University
Enrollment	48 participants

Key Eligibility Criteria

Inclusion (6)

- Age ranges from 20 and 30 years old.
 - Body mass index (BMI) doesn't exceed 30 kg/m2.
 - Patients who are referred from a gynecologist with a diagnosis of nonspecific low back pain.
 - Patients who have pain for more than three months.
 - Patients who have parity ranging from one to three (to control the extreme physiological changes from multiple childbirths, ensuring a more uniform sample).
- ... and 1 more (see full listing online)

Exclusion (6)

- Mechanical low back pain (LBP).
 - Women who had performed any spinal surgery e.g. unilateral hemilaminectomy or microdiscectomy.
 - Women with history of vertebral fracture or trauma.
 - Women with systemic disorder e.g. diabetes mellitus.
 - Women who are pregnant.
- ... and 1 more (see full listing online)

Locations (1 total)

Kafrelsheikh University (Faculty of Physical Therapy), Kafr ash Shaykh, Kafrelsheikh, Egypt