

Effects of Core Stability and Pelvic Clock Exercises in Sacroiliac Joint Dysfunction

NCT07440849

Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	50 participants

Key Eligibility Criteria

Inclusion (4)

- Vaginal delivery
- Primiparous women
- Pain intensity greater than 6 on the Numerical Pain Rating Scale (NPRS)
- Positive responses to at least three physical provocation tests suggestive of sacroiliac joint dysfunction

Exclusion (5)

- Participants were excluded from the study if they had any of the following conditions:
- Previous history of trauma
- Musculoskeletal disorders (e.g., coccydynia, impingement syndrome)
- Postpartum depression
- Disc bulge or degeneration

Locations (1 total)

Al-Khidmat Hospital, Sargodha, Punjab Province, Pakistan