

Effectiveness of Pilates on Postural Correction, Core Strength and Flexibility in Younger Individuals With Non-specific Low Backache

NCT07467070

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Health Sciences Lahore
Enrollment	50 participants

Key Eligibility Criteria

Inclusion (4)

- Age 18-25
- Non-specific low backache of pain severity less than and equal to 5/10 on Brief Pain Inventory Scale
- Ability to attend complete six-week program
- Both genders

Exclusion (2)

- prior history of trauma, fracture, spinal stenosis, severe comorbidities, spinal surgery and neurological disorders
- Individuals suffering from specific causes of low backache like Infection and pregnancy

Locations (1 total)

University of Health Sciences Lahore, Lahore, Punjab Province, Pakistan