

Dynamic Lumbar Strengthening Exercises Versus Pilates, Combined With Myofascial Release in Non Specific Chronic Low Back Pain

NCT07470307

Status	RECRUITING
Phase	Not Applicable
Sponsor	Maheen Rauf
Enrollment	60 participants

Key Eligibility Criteria

Inclusion (1)

- Male and female aged between 25 to 35 years. History of persistent low back pain for more than 3 months. Pain intensity with a score ≥ 3 on the Visual Analog Scale (VAS). Functional disability measured by the Oswestry Disability Index (ODI), with scores ranging from 20% to 60%

Exclusion (1)

- Individuals with acute or subacute low back pain. Presence of systemic illnesses or specific spinal pathologies. Psychological disorders such as severe anxiety or depression affecting participation.

Locations (1 total)

University of Lahore Teaching Hospital, Lahore, Lahore, Punjab Province, Pakistan