

# Is a specific exercise to correct position of dorsal pelvic joints in patients with pelvic pain effective?

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| <b>Submission date</b><br>15/03/2018   | <b>Recruitment status</b><br>No longer recruiting     | <input type="checkbox"/> Prospectively registered    |
|  |   | <input type="checkbox"/> Protocol                    |
| <b>Registration date</b><br>27/03/2018 | <b>Overall study status</b><br>Completed              | <input type="checkbox"/> Statistical analysis plan   |
|  |   | <input type="checkbox"/> Results                     |
| <b>Last Edited</b><br>06/11/2019       | <b>Condition category</b><br>Musculoskeletal Diseases | <input type="checkbox"/> Individual participant data |
|  |   | <input type="checkbox"/> Record updated in last year |

## Plain English summary of protocol

It is assumed that in some patients with pain in the pelvic area, the dorsal joints of the pelvis may be mis-aligned. Due to this mis-alignment some specific ligaments become overstretched and painful. Pressure on this painful ligament produces pain in a specific area. This procedure is called: the long dorsal ligament (LDL) test. Thus, when positive, this test is an indication of mis-alignment of the pelvic joint.

For patients with pain in the pelvic area there are exercises that are believed to relieve pain because they reposition the pelvic joints. It is unclear whether these exercises really can be effective. This study investigates whether these self-mobilization exercises are effective in correcting sacro-iliac

joint position. For this study patients that apply for treatment in our centre are asked to perform either the specific mobilising exercise or a sham exercise. If the mobilization is effective the LDL test should be less painful.

## Contact information

### Type(s)

Public

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Scientific

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## **Additional identifiers**

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**  
SJC201202

## **Study information**

**Scientific Title**  
The effect of self-mobilizing exercises for correction of counternutated Sacro-iliac joints in pelvic girdle pain patients

**Study objectives**  
Self-mobilization exercises are effective in correcting sacro-iliac joint position

**Ethics approval required**  
Old ethics approval format

**Ethics approval(s)**  
The study was initiated in 2012 (Q4). At that time ethics approval was not required. Study results were presented at a conference. Since it not our primary activity (we are a rehab centre) it took us a long time to convert the study results to a manuscript.

**Study design**  
Randomized controlled trial

**Primary study design**  
Interventional

**Secondary study design**  
Randomised controlled trial

**Study setting(s)**

Hospital

**Study type(s)**

Treatment

**Participant information sheet**

Not available in web format, please use the contact details below to request a patient information sheet.

**Health condition(s) or problem(s) studied**

Chronic pelvic girdle pain

**Interventions**

Patients were randomized by pulling a lot from a bag.

Intervention: patients performed a self-mobilisation exercise according to the exercise described by Richard DonTigny.

Control group: patients performed from a similar posture to the intervention group a mobilisation in opposite direction.

Both groups made 3 repetitions of 5 seconds for the exercise.

**Intervention Type**

Behavioural

**Primary outcome measure**

1. LDL test (pain provocation of long dorsal sacroiliac ligament) tested before and after each treatment.
2. Pain score visual analogue score before and after each treatment.

**Secondary outcome measures**

N/A

**Overall study start date**

01/06/2012

**Completion date**

15/06/2013

## Eligibility

**Key inclusion criteria**

1. Patients with chronic pelvic girdle pain who came to the Spine & Joint Centre for treatment.
2. Aged 18 years and older age range
3. Positive LDL test

**Participant type(s)**

Patient

**Age group**

Adult

**Lower age limit**

18 Years

**Sex**

Both

**Target number of participants**

100-150 (50-75 each group)

**Key exclusion criteria**

Negative LDL test

**Date of first enrolment**

01/12/2012

**Date of final enrolment**

15/06/2013

## **Locations**

**Countries of recruitment**

Netherlands

**Study participating centre**

**Spine & Joint Centre, the Netherlands**

Noordsingel 113

ROTTERDAM

Netherlands

3035 EM

## **Sponsor information**

**Organisation**

Spine & Joint Centre

**Sponsor details**

Noordsingel 113

Rotterdam

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**Sponsor type**

Hospital/treatment centre

**Website**

[www.spineandjoint.nl](http://www.spineandjoint.nl)

## **Funder(s)**

**Funder type**

Not defined

**Funder Name**

Spine & Joint Centre (Netherlands)

## **Results and Publications**

**Publication and dissemination plan**

A publication is prepared, however trial registration is required for publication. Results have been presented at the 8th Interdisciplinary World Conference of Low Back and Pelvic Pain in October 2013 (see abstract at <https://www.spineandjoint.nl/wp-content/uploads/2018/03/abstract-Sam.pdf> and poster at [https://www.spineandjoint.nl/wp-content/uploads/2018/03/Poster-A5-Samantha\\_03.pdf](https://www.spineandjoint.nl/wp-content/uploads/2018/03/Poster-A5-Samantha_03.pdf)). Publication as soon as possible.

**Intention to publish date**

01/04/2018

**Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Available on request