

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The comparison of subacromial space in persons with scapular dyskinesia before and after doing some selective shoulder girdle muscles exercises

Protocol summary

Deputy of research and technology, University of Social Welfare and Rehabilitation Science

Summary

The aim of this study is the assessment of the effect of some selective shoulder exercises on subacromial spaces in patients with scapular dyskinesia. 16 patients with scapular dyskinesia at the ages 18-40 years old without any shoulder pain; surgery and fractures will be chosen. Their subacromial spaces were measured by sonography before and after doing 6 weeks some selective shoulder exercises

Expected recruitment start date

2014-09-23, 1393/07/01

Expected recruitment end date

2015-03-21, 1394/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014091419152N1**

Registration date: **2014-10-04, 1393/07/12**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2014-10-04, 1393/07/12

Registrant information

Name

Afsun Nodehi Moghadam

Name of organization / entity

University of Social Welfare and Rehabilitation Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 2218 0039

Email address

nodehi@uswr.ac.ir

Recruitment status

Recruitment complete

Funding source

Scientific title

The comparison of subacromial space in persons with scapular dyskinesia before and after doing some selective shoulder girdle muscles exercises

Public title

The effect of some selective shoulder exercises in persons with scapular dyskinesia

Purpose

Treatment

Inclusion/Exclusion criteria

inclusion criteria: 18-40 years old; positive scapular dyskinesia tests; positive kibler test exclusion criteria: shoulder pain; cervical disorders; upper limb radiculopathy; systematic diseases; shoulder surgery or fracture

Age

From **18 years** old to **40 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **16**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

University of Social Welfare and Rehabilitation Sciences

Street address

Evin, Koodakyar Ave., University of Social Welfare and Rehabilitation Sciences

City

Tehran

Postal code

Approval date

2014-07-15, 1393/04/24

Ethics committee reference number

USWR.REC.1393.237

Health conditions studied

1

Description of health condition studied

Scapular dyskinesis

ICD-10 code

M62.3

ICD-10 code description

Immobility syndrome (paraplegic)

2

Description of health condition studied

Scapular dyskinesis

ICD-10 code

M62.4

ICD-10 code description

Contracture of muscle

3

Description of health condition studied

Scapular dyskinesis

ICD-10 code

M62.5

ICD-10 code description

Muscle wasting and atrophy, not elsewhere classified

Primary outcomes

1

Description

subacromial space

Timepoint

before intervention and after 6 weeks exercises

Method of measurement

sonography device

Secondary outcomes

empty

Intervention groups

1

Description

The intervention consists of some shoulder girdle strengthening and stretching exercises. The participants do the exercises 3 times per week for 6 weeks.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Physical Therapy clinics, University of Social Welfare and Rehabilitation Sciences,

Full name of responsible person

Afsun Nodehi Moghadam

Street address

Evin, Koodakyar Ave., University of Social Welfare and Rehabilitation Sciences,

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Social Welfare and Rehabilitation Sciences

Full name of responsible person

Amir Masood Arabloo

Street address

Evin, Koodakyar Ave., University of Social Welfare and Rehabilitation Sciences

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Tehran

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

University of Social Welfare and Rehabilitation Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

Person responsible for general inquiries**Contact****Name of organization / entity**

University of Social Welfare and Rehabilitation Sciences

Full name of responsible person

Afsun Nodehi Moghadam

Position

Associate Professor PhD of physical therapy,
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Fax**Email****Web page address****Sharing plan****Deidentified Individual Participant Data Set (IPD)**

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty