

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of 6 weeks selective shoulder girdle exercises on scapular motion in persons with scapular dyskinesis

Protocol summary

Summary

The aim of this study is assessment of the effect of some selective shoulder girdle exercises in persons with scapular dyskinesis. Thirty women with scapular dyskinesis diagnosis without a history of shoulder girdle pain and pathology during last 6 months will participate in the study. The participants are randomly assigned to a control and intervention groups. The participant's shoulder girdle movement's isometric forces are measured by a hand held dynamometer. The persons in intervention group will participate in 6 weeks exercise therapy program. The participant's shoulder girdle movement's isometric forces and scapular dyskinesis are measured in both groups after 6 weeks again.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016022219152N4**

Registration date: **2016-07-08, 1395/04/18**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-07-08, 1395/04/18

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

no conflict of interests

Expected recruitment start date

2015-03-20, 1393/12/29

Expected recruitment end date

2016-03-19, 1394/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of 6 weeks selective shoulder girdle exercises on scapular motion in persons with scapular dyskinesis

Public title

The effect of some selective shoulder girdle exercises in persons with scapular dyskinesis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria Age range 18-30; Scapular dyskinesis diagnosis Exclusion criteria A history of shoulder girdle pain and pathology during last 6 months

Age

From **18 years** old to **30 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
University of Social Welfare and Rehabilitation
Sciences
Street address
Koodakyar Ave., Evin, Tehran, Iran
City
Tehran
Postal code
Approval date
2015-09-23, 1394/07/01
Ethics committee reference number
IR.USWR.REC.1394.142

Health conditions studied

1

Description of health condition studied
scapular dyskinesia
ICD-10 code
M62.3
ICD-10 code description
Immobility syndrome (paraplegic)

Primary outcomes

1

Description
maximal shoulder girdle isometric force
Timepoint
0 , 6 months
Method of measurement
hand held dynamometer

Secondary outcomes

empty

Intervention groups

1

Description
the control group do no exercises and the scapular
motion is assessed before and after 6weeks
Category
Rehabilitation

2

Description
The intervention group do some selective shoulder girdle
exercises three times a week during 6 weeks.
Category
Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Semnan university
Full name of responsible person
Afsun Nodehi Moghadam
Street address
kodakyar Ave., daneshjo Blvd.,Evin,Post code: :
1985713834
City
Semnan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Msc thesis -University of Social Welfare and
Rehabilitation Sciences
Full name of responsible person
Dr Shahshahane
Street address
kodakyar Ave., daneshjo Blvd.,Evin,Post code: :
1985713834
City
Tehran

Grant name

Grant code / Reference number
**Is the source of funding the same sponsor
organization/entity?**
Yes

Title of funding source

Msc thesis -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, Department of physiotherapy, University of Social Welfare and Rehabilitation Sci

Other areas of specialty/work**Street address**

Koodakyar Ave., Evin, Tehran, Iran

City

Tehran

Postal code**Phone**

+98 21 2218 0039

Fax**Email**

afsoonnodehi@gmail.com

Web page address**Postal code****Phone**

+98 21 2218 0039

Fax**Email**

afsoonnodehi@gmail.com

Web page address**Person responsible for updating data****Contact****Name of organization / entity**

University of Social Welfare and Rehabilitation Sciences

Full name of responsible person

afsun nodehi moghadam

Position

Associate Professor, Department of physiotherapy

Other areas of specialty/work**Street address**

Koodakyar Ave., Evin, Tehran, Iran

City

Tehran

Postal code**Phone**

+98 21 2218 0039

Fax**Email**

afsoonnodehi@gmail.com

Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

University of Social Welfare and Rehabilitation Sciences

Full name of responsible person

afsun nodehi moghadam

Position

Associate Professor, Department of physiotherapy

Other areas of specialty/work**Street address**

Koodakyar Ave., Evin, Tehran, Iran

City

Tehran

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