

# 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

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**Position**

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**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*