Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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
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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 dyskinesis

ICD-10 code
M62.3

ICD-10 code description
Immobility syndrome (paraplegic)

Primary outcomes

1

Description
maximal shoulder girdlel 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

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City
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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

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Name of organization / entity
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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