

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The Effect of eight weeks scapular stabilization exercises on shoulder pain of archers with scapular dyskinesis

Protocol summary

Study aim

The aim of this study was to determine the effect of eight weeks scapular stabilization exercises on shoulder pain of archers with scapular dyskinesis.

Design

were non randomly divided into two experimental and control groups (15 in each group)

Settings and conduct

Shoulder pain was evaluated by using numeric pain rating scale and Scapular dyskinesis test was used to visually examine the alteration in scapular position. Then the experimental group performed scapular stabilization exercises for eight weeks, three sessions per week and 40 minutes per session. The control group experienced no exercise. At the end of the training, post-test was performed for both groups

Participants/Inclusion and exclusion criteria

scapular dyskinesis shoulder pain

Intervention groups

Experimental group: Effectiveness of scapular stabilization exercises control group: experienced no exercise

Main outcome variables

shoulder pain of archers with scapular dyskinesis

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200401046910N1**

Registration date: **2020-04-13, 1399/01/25**

Registration timing: **retrospective**

Last update: **2020-04-13, 1399/01/25**

Update count: **0**

Registration date

2020-04-13, 1399/01/25

Registrant information

Name

atefeh eyvezi heze baran

Name of organization / entity

Urmia university

Country

Iran (Islamic Republic of)

Phone

+98 41 3479 4637

Email address

atefeheyvazi95@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-06-26, 1398/04/05

Expected recruitment end date

2019-06-29, 1398/04/08

Actual recruitment start date

2019-06-26, 1398/04/05

Actual recruitment end date

2019-06-29, 1398/04/08

Trial completion date

2019-09-01, 1398/06/10

Scientific title

The Effect of eight weeks scapular stabilization exercises on shoulder pain of archers with scapular dyskinesis

Public title

The Effect of eight weeks scapular stabilization exercises on shoulder pain of archers with scapular dyskinesis

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

scapular dyskinesis shoulder pain less than 7 and more than 3 in the numeric pain rating scale Age range 18 to 28 years

Exclusion criteria:

History of surgery on the shoulder girdle and upper body
Having strains and sprains in the shoulder Injury to the neck and upper limbs in the last 30 days Having any physical abnormalities that affect the research process
BMI above 30

Age

From **18 years** old to **28 years** old

Gender

Male

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **30**

Actual sample size reached: **100**

Randomization (investigator's opinion)

Not 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

Ethics committee of Urmia University of Medical Sciences

Street address

Resalat

City

Urmia

Province

West Azarbaijan

Postal code

1376656763

Approval date

2019-06-19, 1398/03/29

Ethics committee reference number

IR.UMSU.REC.1398.118

Health conditions studied

1

Description of health condition studied

scapular dyskinesia

ICD-10 code

ICD-10 code description

بیماری نیست

Primary outcomes

1

Description

shoulder pain of archers with scapular dyskinesia

Timepoint

At the beginning of the study and 8 weeks after the exercise

Method of measurement

to recognize scapular dyskinesia from scapular dyskinesia test (SDT). Shoulder pain was evaluated by using numeric pain rating scale and Scapular dyskinesia test was used to visually examine the alteration in scapular position

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The training group then performed scapular stabilization exercises (i. e. scapular retraction, push-up with plus, scapular retraction and depression, dipping and forward leaning) for eight weeks, three sessions per week, and 40 minutes per session.

Category

Rehabilitation

2

Description

Control group: group experienced no exercise

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Sahand Archery Club, Kargaran and Academy Tabriz

Full name of responsible person

Atefeh Eyvazi Heze Baran

Street address

Laleh crossroads. 12 meters from Fallahnejad

City

Tabriz

Province

East Azarbaijan

Postal code

1376656763

Phone

+98 41 3475 3093

Email

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Oroumia University of Medical Sciences

Full name of responsible person

Narmin Ghani Zadeh Hesar

Street address

Nazlu Road

City

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Province

West Azarbaijan

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1376656763

Phone

+98 41 3475 3093

Email

n_hesar@yahoo.com

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

Yes

Title of funding source

Oroumia University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding*empty***Country of origin****Type of organization providing the funding**

Academic

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

The University of Urmia

Full name of responsible person

Atefeh Eyvazi Heze Baran

Position

University student

Latest degree

Master

Other areas of specialty/work

Exercise Physiology and Corrective exercises

Street address

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol
Yes - There is a plan to make this available

Statistical Analysis Plan
No - There is not a plan to make this available

Informed Consent Form
Yes - There is a plan to make this available

Clinical Study Report
No - There is not a plan to make this available

Analytic Code
No - There is not a plan to make this available

Data Dictionary
No - There is not a plan to make this available

Title and more details about the data/document
Part of the data such as information about the results

When the data will become available and for how long
Start the access period 6 months after printing the results

To whom data/document is available
Researchers working in academic and scientific institutions

Under which criteria data/document could be used
Help with relevant research

From where data/document is obtainable
atefeheyvazi95@gmail.com

What processes are involved for a request to access data/document
one month

Comments