

# 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**

Urmia

**Province**

West Azarbaijan

**Postal code**

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**

Laleh crossroads. 12 meters from Fallahnejad

**City**

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**Email**

ATEFEHEYVAZI95@GMAIL.COM

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

The University of Urmia

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University student

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Master

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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**