Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Myofascial release effect on pain , disability Index and shoulder abduction in men With shoulder impingement syndrome

Protocol summary

Study aim
Evaluation of myofascial release on shoulder impingement syndrome.
Design
Nonrandomised , unblinded quasi experimental before and after
Settings and conduct
At first should measure shoulder abduction range of motion via Clinometer aplication and measure pain via Visual Analog Scale (VAS) and disability via Shoulder Pain And Disablility Index (SPADI) ;Then therapist should do myofascial release in involved upper extrimity wich take near one hour and after that should measure previous mesurments again.
Participants/Inclusion and exclusion criteria
Men with shoulder impingement syndrome who are between 18 to 65 years old.
Intervention groups
Involved upper arm myofascial release.
Main outcome variables
Pain,Range of Motion, Disability

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20200724048189N1**
Registration date: **2020-08-09, 1399/05/19**
Registration timing: **prospective**

Last update: **2020-08-09, 1399/05/19**
Update count: **0**
Registration date
2020-08-09, 1399/05/19

Registrant information
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Mahmood Sadeghi
Name of organization / entity
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Iran (Islamic Republic of)
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2020-08-10, 1399/05/20
Expected recruitment end date
2021-01-09, 1399/10/20
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Myofascial release effect on pain , disability Index and shoulder abduction in men With shoulder impingement syndrome

Public title
Myofascial release effect on shoulder impingement syndrome
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Men between 18 & 65 years old Patients who have shoulder pain for at least 1 week and an intensity of at least 4 on Visual Analog Scale (VAS) during arm elevation. Patients who have 3 of 5 positive sign of shoulder impingement syndrome , including : • Hawkins-Kennedy test . • NEER test . •Job/Empty can test . •

External rotation lag sign . • patient had pain after 60°of elevation.

Exclusion criteria:

Acute cervical disk herniation. Disorders of the acromioclavicular joint . Calcifying tendonitis. History of trauma , fracture , dislocation or sub dislocation or surgery in neck upper extremity or thoracic spine in last years ago . Shoulder instability. Frozen shoulder . Fibromyalgia. Corticosteroid injection on the shoulder within 1 year of the study.

Age

From **18 years** old to **65 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **25**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Quasi experimental before and after

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Isfahan University of Medical Sciences

Street address

N.270, 28 Dead End, Askarie St, Isfahan, IRAN

City

Isfahan

Province

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Postal code

8199796381

Approval date

2020-07-24, 1399/05/03

Ethics committee reference number

IR.MUI.RESEARCH.REC.1399.220

Health conditions studied

1

Description of health condition studied

Shoulder Impingement Syndrome

ICD-10 code

M75.4

ICD-10 code description

Impingement syndrome of shoulder

Primary outcomes

1

Description

Shoulder abduction

Timepoint

Before intervention and after intervention

Method of measurement

Clinometer Application

2

Description

Pain

Timepoint

Before intervention and after intervention

Method of measurement

Visual Analogue Scale

3

Description

Pain and disability

Timepoint

Before intervention and after intervention

Method of measurement

Shoulder Pain And Disability Index

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Upper arm myofascial release wich takes one hour

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Kashani hospital

Full name of responsible person

Mahmood Sadeghi

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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Esfahan University of Medical Sciences
Full name of responsible person
Vice President for Research and Technology
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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
Esfahan 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
Esfahan University of Medical Sciences
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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
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Yes - There is a plan to make this available
Data Dictionary
Yes - There is a plan to make this available
Title and more details about the data/document
All data can be shared after people are not identified.
When the data will become available and for how long
Access period starts 6 months after the results are published.
To whom data/document is available
This data will only be available to researchers working in academic and scientific institutions.
Under which criteria data/document could be used
Any kind of analysis on the delivered data is allowed.
From where data/document is obtainable
Email : Mmahmood110@yahoo.com Address : NO 270, Dead End 28, Askarie St, Isfahan, Iran, Postal code:8199796381,Telephone :00983135678456 Mobile : 00989131151114
What processes are involved for a request to access data/document
The documents will be sent as a PDF file via email no later than one week after the request.
Comments