

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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 application and measure pain via Visual Analog Scale (VAS) and disability via Shoulder Pain And Disability Index (SPADI) ;Then therapist should do myofascial release in involved upper extremity 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

Name

Mahmood Sadeghi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 3567 8456

Email address

m_sadeghi@rehab.mui.ac.ir

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

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Province

Isfahan

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
Full name of responsible person
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Position
Student
Latest degree

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Person responsible for updating data

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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