Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effects of Specific Inferior Capsular stretching and Mobilization with movement in Adhesive Capsulitis

Protocol summary

Study aim
To compare the effect of Specific inferior capsular stretching and Mobilization with movement in Adhesive capsulitis.

Design
Two groups, single blinded, Randomised controlled trial.

Settings and conduct
Max Rehab Center of Riphah College of Rehabilitation & Allied Health Sciences. Data safety of this single blinded trial (Outcome Assessor Blind) will be ensured by assigning the participants different Specific identity numbers. All consent, reading forms will be placed in locker to blind the assessor.

Participants/Inclusion and exclusion criteria
Inclusion: 1. Both gender (male and females) 2. Patient Aged 40-60 years . 3. Shoulder pain at night that often disturb sleep.4. Difficulty in reaching behind the back.5. Reduced arm swing with walking.6. Stiff and painful shoulder more than 1 month.7. Minimum 50% of restriction in abduction & external rotation of shoulder joint. Exclusion: 1. Recent trauma in and around shoulder joint.2. History of shoulder subluxation, dislocation, or ligamentous injury.3. Intrinsic glenohumeral pathology as GH arthritis.4. Previous surgeries. 5. Subjects with diabetes.6. Surgical release of capsule.7. Subjects on steroids or NSAIDs

Intervention groups
Intervention Group A Mobilization with movement
Intervention Group B Specific inferior capsular stretching

Main outcome variables
Numeric Pain Rating Scale(NPRS) for Pain , Shoulder Pain and Disability Index (SPADI) for Pain and function and Universal Goniometry for Range of motion.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20200921048785N1**
Registration date: **2020-10-25, 1399/08/04**
Registration timing: **registered_while_recruiting**

Last update: **2020-10-25, 1399/08/04**
Update count: **0**

Registration date
2020-10-25, 1399/08/04

Registrant information

Name
Samina Kousar

Name of organization / entity
Riphah International University, Islamabad, Pakistan

Country
Pakistan

Phone
+92 42 32185426

Email address
saminakousar779@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2020-10-01, 1399/07/10

Expected recruitment end date
2020-11-10, 1399/08/20

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effects of Specific Inferior Capsular stretching and Mobilization with movement in Adhesive Capsulitis

Public title

Effects of Specific inferior capsular stretching and Mobilization with movement in Adhesive capsulitis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Both male and female patients will be included Patients with frozen shoulder aged 40-60 years will be recruited Shoulder pain at night that often disturb sleep Difficulty in reaching behind the back Reduced arm swing with walking Stiff and painful shoulder more than 1 month Minimum 50% of restriction in abduction & external rotation of shoulder joint

Exclusion criteria:

Recent trauma in and around shoulder joint History of shoulder subluxation, dislocation, or ligamentous injury Intrinsic glenohumeral pathology as GH arthritis Previous surgeries Subjects with diabetes Surgical release of capsule Subjects on steroids or NSAIDs

Age

From **40 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Outcome assessor

Sample size

Target sample size: **32**

Randomization (investigator's opinion)

Randomized

Randomization description

Once the above mentioned inclusion and exclusion criteria will be take into account, potential participants will be considered. Written informed consent will be taken. After enrollment into study, patient will be allocated either to Group A or Group B by Lottery method. No. of Chits will be equal to the total Sample Size. Odd numbers will be allocated to Group A and Even numbers will be allocated to Group B. Each patient will be requested to draw a chit from the box and after that patient will be recruited into either A or B group.

Blinding (investigator's opinion)

Single blinded

Blinding description

Outcome Assessor Blind: Data safety will be ensured by assigning the participants different Specific identity numbers. All consent, reading forms will be placed in locker to blind the assessor.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Secretary ethical review committee, Riphah College of Rehabilitation and Allied health Sciences

Street address

28-M, Quaid-e-Azam Industrial Estate, Kot Lakhpat, Lahore

City

Lahore

Postal code

54000

Approval date

2020-02-08, 1398/11/19

Ethics committee reference number

REC/RCRS/20/1045

Health conditions studied

1

Description of health condition studied

Adhesive Capsulitis of Shoulder

ICD-10 code

M75.0

ICD-10 code description

Adhesive capsulitis of shoulder/Frozen shoulder/Periarthritis of shoulder

Primary outcomes

1

Description

Pain

Timepoint

Baseline, Before 1st treatment session and after 12th treatment session of total 6 weeks treatment plan (pre/post)

Method of measurement

Numeric Pain Rating Scale

2

Description

Range of motion

Timepoint

Baseline, Before 1st treatment session and after 12th treatment session of total 6 weeks treatment plan (pre/post)

Method of measurement

Goniometer

Secondary outcomes

1

Description

Pain & Function

Timepoint

Baseline, Before 1st treatment session and after 12th treatment session of total 6 weeks of treatment plan (pre/post)

Method of measurement

Shoulder Pain and Disability Index (SPADI)

Intervention groups

1

Description

Intervention group: Group A receiving Mobilization with movement

Category

Treatment - Other

2

Description

Intervention group: Group B receiving Specific inferior capsular stretching

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Max Rehab Center,Lahore, Pakistan

Full name of responsible person

Dr. Rabiya Noor

Street address

393-D3, Wapda Town, Lahore

City

Lahore

Postal code

54000

Phone

+92 42 35126110

Email

rabiya.noor@riphah.edu.pk

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Riphah International University

Full name of responsible person

Muhammad Salman Bashir

Street address

28-M, Quaid-e-Azam Industrial Estate, Kot Lakhpat, Lahore

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chistisalman@yahoo.com

Grant name

Educational

Grant code / Reference number

REC/RCRS/20/1045

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Riphah International University

Proportion provided by this source

20

Public or private sector

Private

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

Riphah International University

Full name of responsible person

Dr. Rabiya Noor

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries

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Position

Assistant Professor

Latest degree
Ph.D.
Other areas of specialty/work
Physiotherapy
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Person responsible for updating data

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Full name of responsible person
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Position
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Ph.D.
Other areas of specialty/work
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available