

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 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

##### City

Lahore

##### Postal code

54000

#### Phone

+92 42 35126110

#### Email

chistisalman@yahoo.com

#### Grant name

Educational

#### Grant code / Reference number

REC/R CRS/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

##### Street address

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

##### City

Lahore

##### Province

Punjab

##### Postal code

54000

##### Phone

+92 42 35126110

##### Email

rabiya.noor@riphah.edu.pk

## Person responsible for scientific 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

**Street address**

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

**City**

Lahore

**Province**

Punjab

**Postal code**

54000

**Phone**

+92 42 35126110

**Email**

rabiya.noor@riphah.edu.pk

**Person responsible for updating data****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

**Street address**

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

**City**

Lahore

**Province**

Punjab

**Postal code**

54000

**Phone**

+92 42 35126110

**Email**

rabiya.noor@riphah.edu.pk

**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