

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparative Effects of Scapulothoracic Joint Mobilization and Acromioclavicular Joint Mobilization In Patients With Adhesive Capsulitis

Protocol summary

Study aim

The aim of study is to compare the effects of scapulothoracic joint mobilization and acromioclavicular joint mobilization on pain among adhesive capsulitis patients.

Design

Quasi-Experimental research design, where participants with unilateral adhesive capsulitis was divided into 2 groups and both groups received the group wise interventions. Non-probability Purposive Sampling was used to recruit participants for study which was allocated to groups using computer generated number by random allocation.

Settings and conduct

This study will be conducted at physiotherapy departments of Allied Hospital and DHQ Hospital Faisalabad

Participants/Inclusion and exclusion criteria

Inclusion criteria: Male and female participants of age between 40-60 years old; Participants having idiopathic Adhesive capsulitis (phase I & II); Participants with a complain of pain score of minimum 3 or more on NPRS and minimum 30 percent disability scores on SPADI questionnaire. Exclusion criteria: Patients suffering with shoulder pain from a severe trauma; Participants with rotator cuff pathologies, calcification tendinitis; Participants with history of osteoarthritis. Any inflammatory or infective diseases, skin disorders, Patients having cardiac issues.

Intervention groups

Intervention group 1; Acromioclavicular joint mobilization was performed three times per week for four weeks, for a total of 12 sessions. Acromioclavicular joint mobilization and baseline treatment was take 40 minutes in total Intervention group 2; Scapulothoracic mobilization was performed three times per week for four weeks, for a total of 12 sessions. Scapulothoracic mobilization and baseline treatment was take 40 minutes in total.

Main outcome variables

Range Of Motion (ROM); Shoulder Pain

General information

Reason for update

Acronym

none

IRCT registration information

IRCT registration number: **IRCT20220513054835N1**

Registration date: **2022-08-18, 1401/05/27**

Registration timing: **retrospective**

Last update: **2022-08-18, 1401/05/27**

Update count: **0**

Registration date

2022-08-18, 1401/05/27

Registrant information

Name

Wajiha Waheed

Name of organization / entity

College of Rehabilitation Sciences Faisalabad

Country

Pakistan

Phone

+92 316 7944607

Email address

jeeyaans8823548@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-05-01, 1401/02/11

Expected recruitment end date

2022-07-01, 1401/04/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparative Effects of Scapulothoracic Joint Mobilization and Acromioclavicular Joint Mobilization In Patients With Adhesive Capsulitis

Public title

Effect of Scapulothoracic Joint Mobilization and Acromioclavicular Joint Mobilization In Patients With Adhesive Capsulitis

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Male and female participants of age between 40-60 years old Participants having idiopathic Adhesive capsulitis (phase I & II) Participants with limitations in shoulder lateral rotation (<45 degrees), abduction (<80 degrees) and medial rotation (<70 degrees) Participants with a complain of pain score of minimum 3 or more on NPRS and minimum 30 percent disability scores on SPADI questionnaire

Exclusion criteria:

Patients suffering from shoulder pain due to a severe trauma Participants with rotator cuff pathologies, calcification tendinitis Participants with history of osteoarthritis, malignancies of the shoulder region Participants with neurological disorders Congenital disorders such as winging of scapula Participants with a history of upper limb or spinal fracture Patients having cardiac issues, or having radiating pain going towards the affected shoulder Participants having multiple fractures of the shoulder

Age

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

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **30**

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**

Ethical committee of Faisal Institute of Health Sciences Faisalabad

Street address

673-A Lower Canal Rd E, Block A People's Colony No 1, Faisalabad, Punjab

City

Faisalabad

Postal code

03822

Approval date

2022-03-25, 1401/01/05

Ethics committee reference number

DR/MSPP

Health conditions studied**1****Description of health condition studied**

Frozen shoulder also known as adhesive capsulitis (AC) is an inflammatory condition of the glenohumeral joint where there is gradual progressive stiffness, loss of external rotation with restriction of movement and pain

ICD-10 code

M75.00

ICD-10 code description

Adhesive capsulitis of unspecified shoulder

Primary outcomes**1****Description**

Shoulder Pain

Timepoint

3 timepoints including baseline, after 2nd week and 4th week.

Method of measurement

Numerical Pain Rating Scale (NPRS) to measure pain

2**Description**

Shoulder Range of Motion (Flexion, Lateral rotation, Medial rotation and Abduction) will be measured by means of universal goniometer.

Timepoint

3 timepoints including baseline, after 2nd week and 4th week.

Method of measurement

Goniometer is used to measure the ROM

Secondary outcomes

1

Description

Shoulder Functional Disability

Timepoint

3 timepoints including baseline, after 2nd week and 4th week

Method of measurement

Shoulder Pain and Disability Index Scale (SPADI) is used to measure shoulder pain and disability

Intervention groups

1

Description

Intervention group A: After the baseline treatment, group specific treatment was given. Starting position of the patient was in sitting position and acromioclavicular joint was in resting position. Patient's scapula was fixed by gripping the acromion process from the ventral side and the spine of scapula from the dorsal side. Clavicle was gripped with the finger just proximal to joint space. Clavicle was pressed in a ventral direction to apply a grade 2 and 3 ventral glide movement. When testing use your right index finger to palpate in the joint space. Acromioclavicular joint mobilization was performed three times per week for four weeks, for a total of 12 sessions. Acromioclavicular joint mobilization and baseline treatment was take 40 minutes in total.

Category

Rehabilitation

2

Description

Intervention group B: After the baseline treatment, group specific treatment was given. Starting position the patient was prone. Scapula was in resting position. Stable hand (left) was fixate the patient's scapula by placing our hand around the inferior angle of scapula. While with the right hand we'll grip the patient's scapula from ventral side. Scapula was lifted in a dorsal-medial-caudal direction to apply a grade 3 caudal glide joint play movement. Scapulothoracic mobilization was performed three times per week for four weeks, for a total of 12 sessions. Scapulothoracic mobilization and baseline treatment was take 40 minutes in total.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Allied Hospital Faisalabad

Full name of responsible person

Dr. Sobia Nawaz

Street address

Dr. Tusi Rd, Faisalabad, Punjab

City

Faisalabad

Postal code

38800

Phone

+92 41 9210082

Email

info@pmc.edu.pk

2

Recruitment center

Name of recruitment center

DHQ Hospital Faisalabad

Full name of responsible person

Dr. Shaista

Street address

Mall Road, Faisalabad, Punjab

City

Faisalabad

Postal code

03822

Phone

+92 41 9200140

Email

dhqhospitalfsd@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Faisal Institute of Health Sciences Faisalabad

Full name of responsible person

Dr. Ramesha Tahir

Street address

9-Y-B, Block Madina Town, Faisalabad

City

Faisalabad

Postal code

38000

Phone

+92 41 8502460

Email

ramisha.alvi@gmail.com

Grant name

Grant code / Reference number

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

No

Title of funding source

Self Financed

Proportion provided by this source

100

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

Other

Phone

+92 41 8502460

Email

ramisha.alvi@gmail.com

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

Faisal Institute of Health sciences Faisalabad

Full name of responsible person

Wajiha Waheed

Position

Principle Investigator/Student

Latest degree

Medical doctor

Other areas of specialty/work

Physiotherapy

Street address

Street 18, Bazaar Number 2, Razabad, faisalabad

City

Faisalabad

Province

Punjab

Postal code

03892

Phone

+92 302 9509078

Email

wajihajeeya@gmail.com

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

The University of Faisalabad

Full name of responsible person

Dr. Ramesha Tahir

Position

Doctor

Latest degree

Medical doctor

Other areas of specialty/work

Physiotherapy

Street address

9-Y-B, Block Madina Town, Faisalabad

City

Faisalabad

Province

Punjab

Postal code

38000

Person responsible for updating data**Contact****Name of organization / entity**

Faisal Institute of Health Sciences Faisalabad

Full name of responsible person

wajiha waheed

Position

student

Latest degree

Medical doctor

Other areas of specialty/work

Physiotherapy

Street address

Razabad, Bazaar Number 2 , Street Number 18, Faisalabad.

City

Faisalabad

Province

Punjab

Postal code

03892

Phone

+92 302 9509078

Email

wajihajeeya@gmail.com

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

Not applicable

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable