Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparative effects of Gongs mobilization and Maitland mobilization on pain, range of motion and functional status in frozen shoulder

Protocol summary

Study aim
To compare the effects of Gongs Mobilization and Maitland Mobilization on pain, shoulder range of motion (ROM) and shoulder function in patients with frozen shoulder.

Design
Single Blinded Randomized Control Trial

Settings and conduct
Main Medical DayCare Center Clinic Lahore, Mid City Hospital Lahore, Omar hospital Lahore.

Participants/Inclusion and exclusion criteria
Inclusion Criteria • Individuals voluntarily wanting to sign consent form • Both genders • Age group between 40-60 • Individuals diagnosed with adhesive capsulitis • Individual with restricted capsular pattern of shoulder joint (flexion, external rotation, abduction, and internal rotation) Exclusion Criteria Participants were not included in this research if they had anyone of the following symptoms: • Systemic disorder. • Acute inflammation around the shoulder joint • Neurological ailments • Recent fracture around the shoulder girdle • Shoulder displacement • Skin problem • Surgery around the shoulder joint

Intervention groups
Group 1 received Gongs Mobilization technique and group 2 received Maitland Mobilization. Baseline treatment of moist hot pack from hydro collator at 55 degrees was provided to both groups for 10 minutes on the affected shoulder. Treatment was provided for 5 sessions on consecutive week days for 2 weeks.

Main outcome variables
Visual Analogue Scale, Universal Goniometer, • Shoulder Pain and Disability Index

General information

Reason for update

Acronym
AC

IRCT registration information
IRCT registration number: **IRCT20220519054922N1**
Registration date: **2022-06-29, 1401/04/08**
Registration timing: **retrospective**

Last update: **2022-06-29, 1401/04/08**
Update count: **0**

Registration date
2022-06-29, 1401/04/08

Registrant information

Name
Sadia Nawaz
Name of organization / entity
The university of faisalabad
Country
Pakistan
Phone
+92 315 7595474
Email address
dpt-fa13-045@tuf.edu.pk

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2022-04-01, 1401/01/12

Expected recruitment end date
2022-05-10, 1401/02/20

Actual recruitment start date
2022-04-10, 1401/01/21

Actual recruitment end date
2022-05-16, 1401/02/26

Trial completion date
2022-05-16, 1401/02/26

Scientific title
Comparative effects of Gongs mobilization and Maitland mobilization on pain, range of motion and functional status in frozen shoulder

Public title
Comparative effects of Gongs mobilization and Maitland mobilization in frozen shoulder
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
• Individuals voluntarily wanting to sign consent form • Both genders • Age group between 40-60 • Individuals diagnosed with adhesive capsulitis • Individual with restricted capsular pattern of shoulder joint (flexion, external rotation, abduction, and internal rotation)
Exclusion criteria:
Systemic disorder Acute inflammation around the shoulder joint Neurological ailments Recent fracture around the shoulder girdle Shoulder displacement Skin problem Surgery around the shoulder joint
Age
From **40 years** old to **60 years** old
Gender
Both

Phase
3
Groups that have been masked

- Participant

Sample size
Target sample size: **36**
Actual sample size reached: **36**
Randomization (investigator's opinion)
Randomized
Randomization description
Convenient sampling was utilized to collect sample and the sample was randomly allocated to treatment groups A and B by using an online randomization generator. Computer-generated randomized sheet was used to divide patients into 2 equal groups.
Blinding (investigator's opinion)
Single blinded
Blinding description
Patients will be kept blind through allocation concealment to the treatment group. Patients will be unaware of their respective group treatment plans.
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethical Committee of The University of Faisalabad
Street address
Sargodha Road, Faisalabad, Punjab, Pakistan
City
Faisalabad
Postal code
38000
Approval date
2022-04-07, 1401/01/18
Ethics committee reference number
TUF/DR/MSPP/318

Health conditions studied

1

Description of health condition studied
Frozen shoulder, also known as adhesive capsulitis, is a condition characterized by stiffness and pain in your shoulder joint
ICD-10 code
M75.0
ICD-10 code description
Adhesive capsulitis of shoulder

Primary outcomes

1

Description
The VAS was used to rate the severity of pain of patients.
Timepoint
3 timepoints including Baseline, 1st week post treatment and 2nd week post treatment
Method of measurement
Visual Analogue Scale (VAS) was utilized for estimating shoulder pain.

2

Description
Universal Goniometer to measure shoulder ROM demonstrated excellent reliability in measuring active shoulder ROM of external rotation, abduction, and internal rotation.
Timepoint
3 timepoints including Baseline, 1st week post treatment and 2nd week post treatment
Method of measurement
Universal Goniometer was used to measure shoulder ROM.

Secondary outcomes

1

Description
Shoulder pain and disability questionnaire (SPADI) was used to measure shoulder function disability..
Timepoint
3 timepoints including Baseline, 1st week post treatment and 2nd week post treatment
Method of measurement
Shoulder pain and disability index (SPADI) was used to

measure shoulder function disability.

Intervention groups

1

Description
Intervention group: Baseline treatment of moist hot pack from hydro collator at 55 degrees was provided to both groups for 10 minutes on affected shoulder. Treatment was provided for 5 sessions on consecutive week days for 2 weeks. Group 1 received Gong's mobilization. Gong's Mobilization was performed on patient in side lying position having the problematic side facing upward on adjustable height couch. Support was provided to patient's head with the help of pillow. The therapist pushed the problematic side of scapula with one hand from posterior to anterior direction and with the other hand pushed the head of humerus in anterior to posterior direction for correction of pushed out humeral head. The shoulder was abducted in the pain free range. Therapist added up acceleration and applied pressure on head of humerus with 90 degree abduction to end range of shoulder joint. Gong's mobilization technique was performed for 3 sets with each set comprising of 10 to 15 repetitions. Rest for one minute was given between each set.

Category
Rehabilitation

2

Description
Intervention group: Baseline treatment of moist hot pack from hydro collator at 55 degrees was provided to both groups for 10 minutes on affected shoulder. Treatment was provided for 5 sessions on consecutive week days for 2 weeks. Group 2 received Maitland mobilization. Anterior to posterior oscillation of grade III was applied on the patient and was given for 30 seconds with 2-3 glides per second. 10 second rest was given after each 30 seconds and the set was repeated for 5 times (24).

Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Mian Medical DayCare Centre
Full name of responsible person
Dr. Mian Sajid Nisar
Street address
127 Habitat Flats, Shadman-II, Lahore
City
Lahore
Postal code
05410
Phone
+92 323 0414137
Email
dr.sajidnasir@gmail.com
Web page address

2

Recruitment center
Name of recruitment center
MidCity Hospital
Full name of responsible person
Hakim Ali
Street address
Jail road lahore
City
Lahore
Postal code
54000
Phone
+92 300 9421630
Email
cardexdiagnostic@gmail.com
Web page address

3

Recruitment center
Name of recruitment center
Omar Hospital
Full name of responsible person
Dr. Nighat Omar
Street address
Jail Road Lahore
City
Lahore
Postal code
54000
Phone
+92 321 9421630
Email
omarhospital@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
The University of Faisalabad
Full name of responsible person
Dr. Sadia Nawaz; PT
Street address
Hujra Road Lalian Near Muhammadi mosque district chiniot
City
Faisalabad
Postal code
35400
Phone
+92 345 4872564
Email
dpt-fa13-045@tuf.edu.pk
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

Person responsible for general inquiries

Contact

Name of organization / entity
The University of Faisalabad

Full name of responsible person
Dr. Sadia Nawaz; PT

Position
Priniciple Investigator/Student

Latest degree
Medical doctor

Other areas of specialty/work
Physiotherapy

Street address
Hujra Road Lalian Near Muhammadi mosque district chiniot

City
Faisalabad

Province
Punjab

Postal code
35400

Phone
+92 47 6610837

Email
dpt-fa13-045@tuf.edu.pk

Person responsible for scientific inquiries

Contact

Name of organization / entity
The University of Faisalabad

Full name of responsible person
Dr. Sadia Nawaz; PT

Position
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Phone
+92 47 6610837

Email
dpt-fa13-045@tuf.edu.pk

Person responsible for updating data

Contact

Name of organization / entity
The University of Faisalabad

Full name of responsible person
Dr. Sadia Nawaz; PT

Position
Priniciple Investigator/Student

Latest degree
Medical doctor

Other areas of specialty/work
Physiotherapy

Street address
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City
Faisalabad

Province
Punjab

Postal code
34500

Phone
+92 47 6610837

Email
dpt-fa13-045@tuf.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
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