

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effects of stabilization exercises with and without mobilization on frozen shoulder

Protocol summary

Study aim

The aim of the study is: To find the effects of Stabilization exercises with or without mobilization on pain, range of motion and quality of life among patients with frozen shoulder.

Design

Randomized clinical trial

Settings and conduct

Arif Memorial Teaching Hospital

Participants/Inclusion and exclusion criteria

Inclusion criteria: Patients diagnosed with frozen shoulder and stiff frozen shoulder Symptom duration >3months Patients with shoulder pain and restriction in ROM Exclusion criteria: Shoulder stiffness due to severe trauma, post fracture, immobilization and surgical release of capsules History of cortisone injection in effected area in previous 6 weeks Patients with joint infection

Intervention groups

Group (A): stabilization exercise without mobilization
Group (B): stabilization with mobilization

Main outcome variables

pain range of motion quality of life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220701055331N1**
Registration date: **2022-12-24, 1401/10/03**
Registration timing: **prospective**

Last update: **2022-12-24, 1401/10/03**

Update count: **0**

Registration date

2022-12-24, 1401/10/03

Registrant information

Name

Ifra Zulqarnain Awan

Name of organization / entity

Rashid Latif Medical College

Country

Pakistan

Phone

+92 333 4975431

Email address

ifra.awan@rlmc.edu.pk

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-12-26, 1401/10/05

Expected recruitment end date

2023-05-26, 1402/03/05

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of stabilization exercises with and without mobilization on frozen shoulder

Public title

Effects of stabilization exercises with and without mobilization on Pain, range of motion and Quality of life among patients with frozen shoulder: A Randomized Clinical Trial

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Patients diagnosed with frozen shoulder and stiff frozen shoulder Symptom duration >3months Patients with

shoulder pain and restriction in ROM

Exclusion criteria:

Shoulder stiffness due to severe trauma, post fracture, immobilization and surgical release of capsules History of cortisone injection in effected area in previous 6 weeks Patients with joint infection

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **32**

Randomization (investigator's opinion)

Randomized

Randomization description

Patients were allocated in two groups (i.e, Group A and Group B, by lottery method). Lottery method is a type of simple random sampling. In lottery method 42 cards were put in a glass bowl. and randomly pick cards from bowl and allocate these cards randomly in two groups. 16 cards were allocated randomly in group A and 16 cards were allocated randomly in group B.

Blinding (investigator's opinion)

Single blinded

Blinding description

In single blinding study, participant is concealed so that they are not aware of which group a participant is allocated to after random allocation occurs. This is done to avoid biasness.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Institutional Review Board of Rashid Latif Medical College, Lahore.

Street address

35-KM Ferozepur Road Lahore

City

Lahore

Postal code

54000

Approval date

2022-10-05, 1401/07/13

Ethics committee reference number

IRB/2022/050

Health conditions studied

1

Description of health condition studied

Adhesive Capsulitis

ICD-10 code

M75.00

ICD-10 code description

Adhesive capsulitis of unspecified shoulder

Primary outcomes

1

Description

Pain

Timepoint

Pre-intervention and 4 weeks post-intervention

Method of measurement

Numeric Pain Rating Scale (NPRS)

2

Description

Range Of Motion

Timepoint

Pre-intervention and 4 weeks post-intervention

Method of measurement

Goniometer

3

Description

Quality Of Life

Timepoint

Pre-intervention and 4 weeks post-intervention

Method of measurement

SF-36 Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention Group A: Patients will be treated with stabilization exercises. Stabilization exercises

Category

Rehabilitation

2

Description

Intervention Group B: Patients will be treated with stabilization exercises and mobilization

Category

Recruitment centers

1

Recruitment center

Name of recruitment center

Arif memorial teaching hospital

Full name of responsible person

Sonia

Street address

35-km ferozepur road, lahore

City

lahore

Postal code

54000

Phone

+92 306 9706895

Email

soniashah724@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Rashid latif medical college

Full name of responsible person

Ifra Zulqarnain Awan

Street address

35-km ferozepur road lahore

City

lahore

Postal code

54000

Phone

+92 333 4975431

Email

ifra.awan@rlmc.edu.pk

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Rashid latif medical college

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

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Rashid latif medical college

Full name of responsible person

Sonia

Position

Physiotherapist

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

Street address

35-km ferozepur road lahore

City

lahore

Province

punjab

Postal code

54000

Phone

+92 306 9706895

Email

soniashah724@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Rashid latif medical college

Full name of responsible person

Ifra Zulqarnain Awan

Position

Physiotherapist

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

Street address

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Phone

+92 333 4975431

Email

ifra.awan@rlmc.edu.pk

Person responsible for updating data

Contact

Name of organization / entity

Rashid latif medical college

Full name of responsible person

Ifra zulqarnain awan

Position

Physiotherapist

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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