Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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

Rehabilitation

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
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Postal code
54000

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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Street address
35-km ferozepur road lahore
City
lahore
Province
punjab
Postal code
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+92 333 4975431
Email
ifra.awan@rlmc.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