

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Comparison of scapular mobilization with and without scapular recognition exercises on pain, scapular ranges and disability in adhesive capsulitis patients.

Protocol summary

Study aim

Comparison of scapular mobilization with and without scapular recognition exercises on pain, scapular ranges and disability in adhesive capsulitis patients.

Design

Single blinded randomised controlled trial, conducted on 36 patients, equally divided into two groups, single centered study.

Settings and conduct

Riphah International University, Lahore , patient single blinded.

Participants/Inclusion and exclusion criteria

Male and female patients . Patients between the ages of 40 to 60 years old . Patients with shoulder pain that interfered with daily activities . Patients with Numeric pain rating scale score of at least 3 points . Unilateral shoulder adhesive capsulitis . Patients with inability to elevate the arm above 100 degrees in the plane of the scapula . Exclusion criteria Presence of any shoulder condition that is a contraindication for exercising the shoulder joint, such as cancer, active infection, active inflammatory disease, recent dislocations, subluxations, surgery and fractures around the shoulder region z Patients were excluded if they had no signs of scapular dyskinesia . The Scapular Dyskinesia Test (SDT) was performed to confirm the presence of scapular dyskinesia .

Intervention groups

36 patients will be randomly divided into control and experimental groups. The control group will receive routine scapular mobilization while the experimental group will receive spinal recognition exercises along with the scapular mobilization exercises

Main outcome variables

1_Pain Intensity 2_Scapular Ranges 3_Level of Disability

General information

Reason for update

Trial complete

Acronym

RCT

IRCT registration information

IRCT registration number: **IRCT20190717044238N3**

Registration date: **2023-01-24, 1401/11/04**

Registration timing: **prospective**

Last update: **2024-06-05, 1403/03/16**

Update count: **1**

Registration date

2023-01-24, 1401/11/04

Registrant information

Name

Fareeha Amjad

Name of organization / entity

The University of Lahore

Country

Pakistan

Phone

+92 42 99200600

Email address

fari_fairy22@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-01-28, 1401/11/08

Expected recruitment end date

2023-05-28, 1402/03/07

Actual recruitment start date

2023-01-30, 1401/11/10

Actual recruitment end date

2023-04-07, 1402/01/18

Trial completion date

2023-12-03, 1402/09/12

Scientific title

Comparison of scapular mobilization with and without scapular recognition exercises on pain, scapular ranges and disability in adhesive capsulitis patients.

Public title

Comparison of scapular mobilization with and without scapular recognition exercises on pain, scapular ranges and disability in adhesive capsulitis patients.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Male and female patients Patients between the ages of 40 to 60 years old Patients with shoulder pain that interfered with daily activities Patients with Numeric pain rating scale score of at least 3 points Unilateral shoulder adhesive capsulitis. Patients with inability to elevate the arm above 100 degrees in the plane of the scapula Patients with positive scapular dyskinesia test

Exclusion criteria:

Presence of any shoulder condition that is a contraindication for exercising the shoulder joint, such as cancer, active infection, active inflammatory disease, recent dislocations, subluxations, surgery and fractures around the shoulder region. Patients were excluded if they had no signs of scapular dyskinesia while performing Scapular Dyskinesia Test(SDT)

Age

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

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **36**

Actual sample size reached: **36**

Randomization (investigator's opinion)

Randomized

Randomization description

The subjects were randomly assigned into two groups, A & B with each containing 18 subjects by lottery method.

Blinding (investigator's opinion)

Single blinded

Blinding description

After fulfilling inclusion criteria patients who will participate in the study will be blind.

Placebo

Not used

Assignment

Parallel

Other design features

no

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research ethical committe

Street address

Riphah international university,Lahore

City

Lahore

Postal code

54770

Approval date

2022-03-04, 1400/12/13

Ethics committee reference number

REC/RCR & AHS/22/0162

Health conditions studied

1

Description of health condition studied

Adhesive Capsulitis

ICD-10 code

M75.0

ICD-10 code description

Adhesive capsulitis of shoulder

Primary outcomes

1

Description

Pain Intensity

Timepoint

Before intervention and after 4 weeks of intervention

Method of measurement

Numeric Pain Rating Scale

2

Description

Shoulder range of motion

Timepoint

Before intervention and after 4 weeks of intervention

Method of measurement

Inclinometer

Secondary outcomes

1

Description

level of disability

Timepoint

Before intervention and after 4 weeks of intervention

Method of measurement

Intervention groups

1

Description

Intervention group A: Scapular mobilization with scapular dynamic exercises

Category

Treatment - Other

2

Description

Intervention group B : Scapular mobilization without scapular dynamic exercises

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Riphah international university,Lahore campus

Full name of responsible person

Hadiqa Naeem

Street address

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hadiqa621@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Riphah International University

Full name of responsible person

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Grant name

Grant code / Reference number

Is the source of funding the same sponsor

organization/entity?

Yes

Title of funding source

Riphah International University

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

Riphah International University

Full name of responsible person

Hadiqa Naeem

Position

Student

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries

Contact

Name of organization / entity

The University Of Lahore

Full name of responsible person

Fareeha Amjad

Position

Assistant Professor

Latest degree

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Other areas of specialty/work

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Person responsible for updating data

Contact

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Latest degree
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Other areas of specialty/work
Physiotherapy
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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

All collected identified IPD

When the data will become available and for how long

Data will be available after the completion of study and will remain available till 6 months

To whom data/document is available

Data will be available for other people almost 6 months after the completion of study

Under which criteria data/document could be used

The data/document could be used by communicating with the principle investigator "Hadiqa Naeem" on email address: hadiqa621@gmail.com

From where data/document is obtainable

Hadiqa Naeem, hadiqa621@gmail.com

What processes are involved for a request to access data/document

The data/document could be used by communicating with the principle investigator "Hadiqa Naeem" on institutional email address: hadiqa621@gmail.com

Comments

N/A