

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 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 committee

##### 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

SPADI(Shoulder Pain and Disability Index)

## 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

Riphah International University

##### City

Lahore

##### Postal code

54770

##### Phone

+92 309 5305385

##### Email

hadiqa621@gmail.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Riphah International University

##### Full name of responsible person

Hadiqa Naeem

##### Street address

Riphah International University,Lahore

##### City

Lahore

##### Postal code

54770

##### Phone

+92 309 5305385

##### Email

hadiqa621@gmail.com

#### 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

##### Street address

Riphah International University

##### City

Lahore

##### Province

Punjab

##### Postal code

54770

##### Phone

+92 309 5305385

##### Email

hadiqa621@gmail.com

## 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

Master

##### Other areas of specialty/work

Physiotherapy

##### Street address

House no. 41 B, Iqbal Avenue, Phase-III, Lahore

##### City

Lahore

##### Province

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**Postal code**

545150

**Phone**

+92 42 99200600

**Email**

fari\_fairy22@yahoo.com

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

The University Of Lahore

**Full name of responsible person**

Fareeha Amjad

**Position**

Assistant Professor

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

**Street address**House no. 41 B, Iqbal Avenue, Phase-III, Lahore,  
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**Province**

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**Postal code**

55150

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+92 42 99200600

**Email**

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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