Clinical Trial Protocol
Iranian Registry of Clinical Trials

10 Jun 2026

Comparative Effects of Gong's Mobilization and Mobilization with Movement on Pain, Range of Motion and Functional Disability in Patients with Adhesive Capsulitis

Protocol summary

Study aim
To compare the effects of Gong's Mobilization and Mobilization with Movement on pain, range of motion and functional disability in patients with adhesive capsulitis.

Design
This study will be a Randomized Clinical Trial, parallel-group, triple blinded

Settings and conduct
The trial would be conducted in Allied Hospital Faisalabad. It would be triple blinded, as the patients, assessor and the analyzer would be blinded

Participants/Inclusion and exclusion criteria
INCLUSION CRITERIA • Male & female patients • Age group 40 to 60 years • Subjects clinically diagnosed with grade 2 adhesive capsulitis. • Painful and limited active and passive glenohumeral ROM >25% in a capsular pattern • Pain in the shoulder for at least 3 months. EXCLUSION CRITERIA • History of surgery on affected shoulder. • History of fracture around shoulder complex. • History of pain or disorders of the cervical spine, elbow, wrist, or hand. • History of any other pathological conditions involving the shoulder History of neurological deficits limiting shoulder during activities of daily living

Intervention groups
Group A will be given Gongs Mobilization along with ultrasonic therapy. Group B will be given Mobilization with Movement technique along with ultrasonic therapy. For common treatment, both the groups will receive Ultrasound with a dosage of 1 MHz in frequency, at continuous mode and 1.5 W/ cm2 of intensity for 10 minutes of treatment. Codman Pendulum Exercise will be taught as home plan for both groups as a common treatment.Total intervention protocol will be given for four weeks of duration, 3 sessions per week with total 12 sessions. Outcomes will be assessed at baseline, at the end of 2 week (6th session) and at the end of 4th week (12th session)

Main outcome variables
Pain Disability Range of Motion

General information

Reason for update
Trial Complete

Acronym

IRCT registration information
IRCT registration number: **IRCT20190717044238N4**
Registration date: **2023-03-01, 1401/12/10**
Registration timing: **prospective**

Last update: **2023-08-12, 1402/05/21**
Update count: **1**

Registration date
2023-03-01, 1401/12/10

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
2023-03-01, 1401/12/10

Expected recruitment end date
2023-03-27, 1402/01/07

Actual recruitment start date

2023-04-03, 1402/01/14

Actual recruitment end date

2023-04-06, 1402/01/17

Trial completion date

2023-07-03, 1402/04/12

Scientific title

Comparative Effects of Gong’s Mobilization and Mobilization with Movement on Pain, Range of Motion and Functional Disability in Patients with Adhesive Capsulitis

Public title

Comparative Effects of Gong’s Mobilization and Mobilization with Movement on Pain, Range of Motion and Functional Disability in Patients with Adhesive Capsulitis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Male & female patients Age group 40 to 60 years Subjects clinically diagnosed with grade 2 adhesive capsulitis Painful and limited active and passive glenohumeral ROM >25% in capsular pattern (limited external rotation then abduction and then flexion Pain in the shoulder for at least 3 months

Exclusion criteria:

History of surgery on effected shoulder. History of fracture around shoulder complex. History of pain or disorders of the cervical spine, elbow, wrist, or hand. History of any other pathological conditions involving the shoulder (rotator cuff tear, tendinitis, etc.) Hawkins-Kennedy test, empty can test will be used to exclude other shoulder conditions. History of neurological deficits limiting shoulder during activities of daily living

Age

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

Gender

Both

Phase

3

Groups that have been masked

- Participant
- Investigator
- Outcome assessor
- Data analyser

Sample size

Target sample size: **60**

Actual sample size reached: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

As per the inclusion and exclusion criteria of the study, patients will be divided into two groups randomly by Random Number Generator table.

Blinding (investigator's opinion)

Triple blinded

Blinding description

The patients taking part in the study would be blinded, they would not be able to know the group they have been allocated to, either Gongs or Mobilization with Movement, The assessor of the outcomes would be blinded and lastly, our data analyzer would be blinded too, making it a triple blinded clinical trial.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research and Ethical Review Committee

Street address

Riphah Quaid e Azam Campus, 28-M Quaid-e-Azam industrial Estate, kot lakhpat, Lahore

City

Lahore

Postal code

54000

Approval date

2023-01-02, 1401/10/12

Ethics committee reference number

REC/RCR & AHS/23/0112

Health conditions studied

1

Description of health condition studied

Adhesive Capsulitis of Shoulder

ICD-10 code

M75.0

ICD-10 code description

Adhesive capsulitis of shoulder

Primary outcomes

1

Description

Pain

Timepoint

Total intervention protocol will be given for four weeks of duration, 3 sessions per week with total 12 sessions. Outcomes will be assessed at baseline, at the end of 2 week (6th session) and at the end of 4th week (12th session)

Method of measurement

Numeric Pain Rating Scale (NPRS)

2

Description

Range of Motion (ROM)

Timepoint

Total intervention protocol will be given for four weeks of duration, 3 sessions per week with total 12 sessions. Outcomes will be assessed at baseline, at the end of 2 week (6th session) and at the end of 4th week (12th session)

Method of measurement

Universal Goniometer

3

Description

Disability

Timepoint

Total intervention protocol will be given for four weeks of duration, 3 sessions per week with total 12 sessions. Outcomes will be assessed at baseline, at the end of 2 week (6th session) and at the end of 4th week (12th session)

Method of measurement

SPADI- Shoulder pain and disability index

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group 1: Gong's Mobilization. Procedure: Gong’s mobilization will be performed in a sitting/side-lying position.• The therapist will stand on the unaffected side of the subject and will place one hand on the affected side of the patient, pushing the humeral head in an anterior to a posterior direction, parallel to the joint plain.• Simultaneously the subject will be asked to quickly and powerfully perform the restricted movement (Abduction). During the above-mentioned movement, the therapist will keep pressing the humeral head along the long axis of the humerus. The therapist will follow the movement of the subject’s shoulder when they will be performing abduction. The speed of the movement is kept constant by the therapist from the beginning until the end range maintaining little distraction throughout the movement. At the end range of movement, the therapist will accelerate the movement. The procedure will be performed in 3 sets of 10 repetitions each and the technique will be applied 3 days a week for 4 weeks.

Category

Treatment - Other

2

Description

Intervention group 2: Mobilization with Movement ----- Procedure (for improving shoulder abduction): Patient position: sitting on a chair with effected shoulder by the side and head in neutral position.• Therapist position and procedure: therapist will stand posterolateral to the affected side, placing the belt across the humeral head and to his waist.• Leaning backward, therapist will apply a posterolateral glide and patient will actively perform shoulder abduction, then overpressure will be applied.• will Therapist maintain the posterolateral glide throughout and return to neutral. Therapist will ensure that the movement is pain free.• The intervention will be given in 3 sets of 10 repetitions each---------- Procedure(for improving Internal Rotation and External Rotation): Patient position: supine lying with scapula at the edge of the plinth• Therapist position: standing lateral to the affected joint.• Hand placement: patients shoulder and elbow will be placed at 90 degrees of flexion. Therapist will grasp distal humerus with both hands.• Belt placement: Belt will be secured around therapist waist and should be parallel to floor and perpendicular to humerus. Therapist will distract the joint laterally and will ask the patient to perform external and internal rotation actively and passive overpressure would be applied at end range.• The procedure will be performed in 3 sets of 10 repetitions each and the technique will be applied 3 days a week for 4 weeks.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Allied Hospital

Full name of responsible person

Dr. Sobia Nawaz

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Riphah International University Lahore

Full name of responsible person

Dr. Fareeha Amjad

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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 Lahore
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, Lahore
Full name of responsible person
Hasha Asghar
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Latest degree
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Person responsible for updating data

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Hasha Asghar
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Latest degree
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Other areas of specialty/work
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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
No - There is not 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
Not applicable
Data Dictionary
Yes - There is a plan to make this available
Title and more details about the data/document
Consent Form in its original format with no information about any participant study protocol- how the intervention was given to both groups
When the data will become available and for how long

Data would be available after the completion of the research at the end of 2023

To whom data/document is available

People working in an academic and clinical setting can have access to the above-mentioned information/documents

Under which criteria data/document could be used

Data can only be used for Research Purposes

From where data/document is obtainable

Data can be asked for at the following email address: drhashaasghar@gmail.com

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

One can ask for data at the given email address and it would be provided after knowing the general implications of sharing that particular data.

Comments