

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparison the effectiveness of mobilization and mobilization with movement on range of motion and acromiohumeral distance in patients with chronic shoulder impingement syndrome

Protocol summary

Study aim

Comparison the effectiveness of mobilization and mobilization with movement on pain, function, range of motion and acromiohumeral distance in patients with chronic shoulder impingement syndrome

Design

first group: In this research, both groups will receive routine physiotherapy consists of: 1- lifestyle correction 2- Pectoral muscles stretching 3-posterior capsule stretching 4-Glenohumeral joint elastic band exercises (3 times, 10 repeats, once a day) 5-Scaulothorasic exercises (3 sets, 10 repeats, once a day) 6-push the wall in standing position 7- Scaption (3 times a week, 3 sets, 10 repeats). In the mobilization group, we will apply 4 individual techniques consists of anterior glide, posterior glide, inferior glide and long axis traction. Each technique will apply twice to 4 times and will continue 30 seconds. Second group: In mobilization with movement group, the therapist will apply posterolateral glide and the patient will do scaption at the same time. 3 sets at each session with 10 seconds rest between each set will be done. This treatment will preform 4 sessions in two weeks.

Settings and conduct

patients will visit by Dr. Taghipour in Shahid beheshti hospital by testing shoulder.

Participants/Inclusion and exclusion criteria

1-unilateral shoulder pain more than 6 months 2-no history of systemic illness 3-not using NSIDs and anti-inflammatory drugs before and after assessment 4-no history of cortico-steroid injection on shoulder region in the past year 5-no history of fracture and surgery on neck and shoulder 6-no history of physical therapy in for the neck and shoulder in the past three months 7- positive one sub acromial impingent tests including: neer test-hawkins kennedy test-jobe test

Intervention groups

mobilization and mobilization with movement group
Main outcome variables
acromiohumeral distance, pain intensity, Function

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230722058881N1**

Registration date: **2023-08-14, 1402/05/23**

Registration timing: **prospective**

Last update: **2023-08-14, 1402/05/23**

Update count: **0**

Registration date

2023-08-14, 1402/05/23

Registrant information

Name

parham alaji

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 11 3311 4112

Email address

parhamalaji@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-09-23, 1402/07/01

Expected recruitment end date

2023-12-21, 1402/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison the effectiveness of mobilization and mobilization with movement on range of motion and acromiohumeral distance in patients with chronic shoulder impingement syndrome

Public title

Comparison the effectiveness of mobilization and mobilization with movement on range of motion and acromiohumeral distance in patients with chronic shoulder impingement syndrome

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

1-Unilateral shoulder pain more than 6 months 2-No history of systemic illness 3-Not using NSIDs and anti-inflammatory drugs before and after assessment 4-No history of cortico-steroid injection on shoulder region in the past year 5-No history of fracture and surgery on neck and shoulder 6-No history of physical therapy in for the neck and shoulder in the past three months 7-Positive one sub acromial impingent tests including: neer test-hawkins kennedy test-jobe test

Exclusion criteria:

Failure to complete physiotherapy sessions by patients
Non participation of patients in physiotherapy sessions
The occurrence of unforeseen events for each of the participants in the study
Increased pain or other symptoms of patients

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Concealed allocation will perform using a computer generated randomized table of numbers created before the start of data collection. Individual and sequentially numbered index cards with the random assignment were prepared. The index cards were folded and placed in sealed opaque envelopes. The therapist will open the envelope and proceeded with treatment according to the group assignment.

Blinding (investigator's opinion)

Single blinded

Blinding description

In this research, a single blind method is used so that the technician of recording the results, will not be aware of

the intended intervention.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethical committee Zahedan university of medical sciences

Street address

Dr Hesabi square

City

Zahedan

Province

Sistan-va-Balouchestan

Postal code

9816743463

Approval date

2023-07-18, 1402/04/27

Ethics committee reference number

IR.ZAUMS.REC.1402.168

Health conditions studied**1****Description of health condition studied**

chronic shoulder impingement syndrome

ICD-10 code

M65.80

ICD-10 code description

Other synovitis and tenosynovitis, unspecified site

Primary outcomes**1****Description**

acromiohumeral distance

Timepoint

before physical therapy sessions-after physical therapy sessions

Method of measurement

ultrasonography

2**Description**

pain intensity

Timepoint

before and after physical therapy sessions

Method of measurement

VAS

3

Description

upper limb function

Timepoint

before and after treatment period

Method of measurement

DASH questionnaire

4

Description

range of motion

Timepoint

before and after treatment period

Method of measurement

electrogoniometer

Secondary outcomes

empty

Intervention groups

1

Description

first intervention group: In this research, both groups will receive routine physiotherapy consists of: 1- lifestyle correction 2- Pectoral muscles stretching 3-posterior capsule stretching 4-Glenohumeral joint elastic band exercises (3 times, 10 repeats, once a day) 5- Scaulothorasic exercises (3 sets, 10 repeats, once a day) 6-push the wall in standing position 7- Scaption (3 times a week, 3 sets, 10 repeats). In the mobilization group, we will apply 4 individual techniques consists of anterior glide, posterior glide, inferior glide and long axis traction. Each technique will apply twice to 4 times and will continue 30 seconds.

Category

Rehabilitation

2

Description

Second intervention group: In this research, both groups will receive routine physiotherapy consists of: 1- lifestyle correction 2- Pectoral muscles stretching 3-posterior capsule stretching 4-Glenohumeral joint elastic band exercises (3 times, 10 repeats, once a day) 5- Scaulothorasic exercises (3 sets, 10 repeats, once a day) 6-push the wall in standing position 7- Scaption (3 times a week, 3 sets, 10 repeats).In mobilization with movement group, the therapist will apply posterolateral glide and the patient will do scaption at the same time.3 sets at each session with 10 seconds rest between each set will be done.This treatment will preform 4 sessions in two weeks.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Beheshti hospital of Babol

Full name of responsible person

Dr. Mohammad Taghipour

Street address

Sargord Ghasemi street, Babol

City

Babol

Province

Mazandaran

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4818636135

Phone

+98 11 3332 0467

Email

Parhamalaji@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Zahedan University of Medical Sciences

Full name of responsible person

Dr. Noor Mohammad Bakhshani

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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

Zahedan University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

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

ahmadaskary@gmail.com

Contact

Name of organization / entity

Zahedan University of Medical Sciences

Full name of responsible person

Dr. Ahmadreza Askari Ashtiani

Position

Teacher Assistant

Latest degree

Ph.D.

Other areas of specialty/work

Physiotherapy

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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