Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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-inflamatory 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-inflamatory 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 questionare

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
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4818636135
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Email
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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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Dr. Hesabi square
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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

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