

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

INTEGRATED PATIENT EDUCATION AND ROUTINE PHYSICAL THERAPY IN PATIENTS WITH SUBACROMIAL PAIN SYNDROME

Protocol summary

Study aim

The purpose of the present study is find the association in integrated patient education and routine physical therapy in patient of sub acromial pain syndrome.

Design

randomized control trial

Settings and conduct

Muhmmad rehabilitation center multan

Participants/Inclusion and exclusion criteria

- . Inclusion Criteria Both Male and Female • Age $\geq 40(9)$
- Primary complaint of shoulder with or without referral in the upper limb for ≥ 3 months • Shoulder pain provoked with resisted abduction and lateral rotation contraction • Limitation to the range of motion of glenohumeral joint in the comparison to the contralateral side
- Exclusion Criteria • Shoulder pain in the last 6 months. • Known systemic inflammatory disorder. • Cervical repeated movement testing affecting shoulder pain and range of movement. • Severe depressive symptoms, suicidal inclination or psychotic illness.

Intervention groups

2 group are included in which 1 group have 10 patients with light weight exercise and educate the routine physical activity and 2 group have 11 patients with mobilization and educate the routine physical activity

Main outcome variables

We are expecting that the patient education and routine physical therapy decrease the sub acromial pain syndrome.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230718058826N1**

Registration date: **2023-08-22, 1402/05/31**

Registration timing: **prospective**

Last update: **2023-08-22, 1402/05/31**

Update count: **0**

Registration date

2023-08-22, 1402/05/31

Registrant information

Name

Perwasha Perwasha

Name of organization / entity

Muhammad Institute of Medical and Allied Sciences, Multan, Pakistan.

Country

Pakistan

Phone

+92 310 6562039

Email address

perwashanaseer123@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-09-01, 1402/06/10

Expected recruitment end date

2023-11-01, 1402/08/10

Actual recruitment start date

2023-09-01, 1402/06/10

Actual recruitment end date

2023-11-01, 1402/08/10

Trial completion date

2023-11-01, 1402/08/10

Scientific title

INTEGRATED PATIENT EDUCATION AND ROUTINE PHYSICAL THERAPY IN PATIENTS WITH SUBACROMIAL PAIN SYNDROME

Public title

INTEGRATED PATIENT EDUCATION AND ROUTINE PHYSICAL THERAPY IN PATIENTS WITH SUBACROMIAL PAIN SYNDROME

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria:

• Both Male and Female • Age $\geq 40(9)$ • Primary complaint of shoulder with or without referral in the upper limb for ≥ 3 months • Shoulder pain provoked with resisted abduction and lateral rotation contraction • Limitation to the range of motion of glenohumeral joint in the comparison to the contralateral side.

Exclusion criteria:

• Shoulder pain in the last 6 months. • Known systemic inflammatory disorder • Cervical repeated movement testing affecting shoulder pain and range of movement • Severe depressive symptoms, suicidal inclination or psychotic illness.

Age

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

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Investigator
- Data analyser

Sample size

Target sample size: **21**

Actual sample size reached: **21**

Randomization (investigator's opinion)

Randomized

Randomization description

randomized control trial with 21 sample size which divided in two groups. Group 1 have 10 patients and group 2 have 11 patients

Blinding (investigator's opinion)

Triple blinded

Blinding description

participant allocated randomly . investigator allocated randomly .Data analyser blindingly apply the state on both intervention group

Placebo

Not used

Assignment

Parallel

Other design features

sample size contain 2 group in which 1 group have 11 patients and 2 group have 10 patient . The group 1 have light weight strengthening exercise and educate the routine physical activity and the group 2 have mobilization and routine physical activity.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Muhammad institute of medical and allied sciences
multan

Street address

HLB street near sbzazar metro station bosan road
Multan

City

Multan

Postal code

66000

Approval date

2023-09-01, 1402/06/10

Ethics committee reference number

MIMAS/IRB/24/08

Health conditions studied

1

Description of health condition studied

Diseases of the musculoskeletal system and connective tissue

ICD-10 code

(M00-M99)

ICD-10 code description

Diseases of the musculoskeletal system and connective tissue

Primary outcomes

1

Description

We are expecting that the patient education and routine physical therapy decrease the sub acromial pain syndrome.

Timepoint

> 3month

Method of measurement

SPADI,PCS,NPRS, Quick DASH,SF.12 and shoulder mobilization, light weight exercise and educate the routine physical activity.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group have sample size 21 in which group 1 have 10 patient and group 2 have 11 patients. The intervention for the group 1 is the shoulder mobilization with education the patient daily living activity and the group2 have the intervention of light weight strengthening exercise and education of patients.

Category

Recruitment centers

1

Recruitment center

Name of recruitment center

Muhmmad rehabilitation center Multan

Full name of responsible person

Dr. Farah zahid

Street address

HBL street near sabzazar metro station bosan road
Multan

City

Multan

Postal code

66000

Phone

+92 61 6221111

Email

perwashaanaseer123@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mimas

Full name of responsible person

Imran Durrani

Street address

Bosan road multan

City

Multan

Postal code

66000

Phone

+92 333 6120602

Email

imranahmadkhandurrani@gmail.com

Grant name

research scholarship

Grant code / Reference number

45632

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Mimas

Proportion provided by this source

80

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

MIMAS

Full name of responsible person

Perwasha

Position

Med.Dr

Latest degree

Medical doctor

Other areas of specialty/work

Physiotherapy

Street address

Bosan road multan

City

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Phone

+92 310 6562039

Email

perwashaanaseer123@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Mimas

Full name of responsible person

Shahid Ishaq

Position

AP

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

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City

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66000

Phone

+92 61 6221111

Email

shahidishaq53@gmail.com

Person responsible for updating data

Contact

Name of organization / entity

Mimas

Full name of responsible person

Perwasha

Position

Med. doc

Latest degree

Medical doctor

Other areas of specialty/work

Physiotherapy

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City

Multan

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66000

Phone

+92 61 6221111

Email

perwashanaseer123@gmail.com

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

INTEGRATED PATIENT EDUCATION AND ROUTINE
PHYSICAL THERAPY IN PATIENTS WITH SUBACROMIAL
PAIN SYNDROME

When the data will become available and for how long

After 3 month

To whom data/document is available

supervisor

Under which criteria data/document could be used

ethical consedration

From where data/document is obtainable

supervisor

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

supervisor

Comments

no