

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparison of Effectiveness of hydraulic distention along with shoulder mobilization and conventional physiotherapy in treatment for frozen shoulder

Protocol summary

2023-09-14, 1402/06/23

Study aim

To develop a treatment protocol for frozen shoulder by comparing effectiveness of hydraulic distention along with shoulder mobilization and conventional physiotherapy.

Design

Randomized controlled clinical trial

Settings and conduct

Thq hospital wazirabad , patient and investigators are not blinded to type of treatment

Participants/Inclusion and exclusion criteria

Inclusion criteria include middle aged frozen shoulder patients with symptoms lasting more than 3 months. No abnormal finding on radiograph. Confirm diagnosis of adhesive capsulitis . Exclusive criteria include patient having co morbidity except DM . Fibromyalgia, rotator cuff disease, major shoulder surgery and pregnancy

Intervention groups

Hydraulic distention along with shoulder mobilization techniques

Main outcome variables

Shoulder pain and disability scores determined through SPADI

General information

Reason for update

To add the dates of completion of project

Acronym

IRCT registration information

IRCT registration number: **IRCT20230906059367N1**

Registration date: **2023-09-14, 1402/06/23**

Registration timing: **prospective**

Last update: **2024-11-13, 1403/08/23**

Update count: **1**

Registration date

Registrant information

Name

Jameel Sabar

Name of organization / entity

Primary and secondary health department punjab
pakistan

Country

Pakistan

Phone

+92 321 7587203

Email address

jameelsabar@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-10-01, 1402/07/09

Expected recruitment end date

2023-11-01, 1402/08/10

Actual recruitment start date

2023-10-01, 1402/07/09

Actual recruitment end date

2023-12-05, 1402/09/14

Trial completion date

2024-03-31, 1403/01/12

Scientific title

Comparison of Effectiveness of hydraulic distention along with shoulder mobilization and conventional physiotherapy in treatment for frozen shoulder

Public title

Comparison of invasive vs non invasive procedures in treatment for frozen shoulder

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Middle age Frozen shoulder patients Symptoms lasting more than 3 months No abnormal findings on radiographs Confirm diagnosis of adhesive capsulitis

Exclusion criteria:

Having co- morbidity except DM Major shoulder surgery Systemic inflammatory disease Rotator cuff disease Fibromyalgia Pregnancy

Age

From **30 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Actual sample size reached: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization was web based computer generated software.No block or stratified method was used. randomised allocation was through sealed envelope opened separately for each patient wanted to participate in study .

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethical review committee of THq hospital wazirabad

Street address

Circular Road wazirabad

City

Wazirabad

Postal code

52000

Approval date

2023-09-05, 1402/06/14

Ethics committee reference number

1887

Health conditions studied

1

Description of health condition studied

Adhesive capsulitis is characterised by painful shoulder limitation also known as frozen shoulder due to capsular adhesion and shortness after and inflammatory response in capsule caused by mainly DM , mainly in women after 30 years . Other causes include shoulder injuries or surgery leading to movement difficulty , less common causes are othera metabolic and autoimmune diseases.

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Pain and shoulder limitations

Timepoint

Before intervention, one week after intervention then at 4th , 8th and 12th week.

Method of measurement

SPADI questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group:

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

THQ hospital wazirabad

Full name of responsible person

Jameel sabar

Street address

Circular Road wazirabad

City

Wazirabad

Postal code

52000

Phone

+92 321 7587203

Email

Jameelsabar@gmail.com

Sponsors / Funding sources

Sponsor

Name of organization / entity

THq hospital wazirabad

Full name of responsible person

Dr jameel sabar PT

Street address

Circular Road

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Postal code

52000

Phone

+92 321 7587203

Email

Jameelsabar@gmail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

THq hospital wazirabad

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

Other

Person responsible for general inquiries

Contact

Name of organization / entity

Primary and secondary health department punjab pakistan

Full name of responsible person

Jameel Sabar

Position

Clinical physiotherapist

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

Street address

Circular road , wazirabad, room #5 trauma center Thq wazirabad

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Person responsible for scientific inquiries

Contact

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Person responsible for updating data

Contact

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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

No - There is not a plan to make this available

Clinical Study Report

Yes - There is 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

Yes - There is a plan to make this available

Title and more details about the data/document

Spss files for results Spss files for demographics data
Questionnaire

When the data will become available and for how long

After completing study data will be available through email

To whom data/document is available

Healthcare practitioners and other researchers for systematic review of many studies

Under which criteria data/document could be used

If any researchers want to fill study gap and remove limitation in my studies we will provide data

From where data/document is obtainable

Through email Jameelsabar@gmail.com

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

If any researchers wants this data he or she will request through email

Comments