

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

Efficacy of tele-rehabilitation compared to office based physical therapy in army patients diagnosed with shoulder tendinopathy and therapeutic protocol

Protocol summary

Study aim

The purpose of this study is to investigate and compare pain, function and quality of life in participant with shoulder tendinopathy before, one month and three months after the start of treatment between two groups of Tele-rehabilitation and rehabilitation in the clinic.

Design

A randomized, controlled, parallel-group, phase 3 clinical trial conducted on 40 patients with shoulder tendinopathy.

Settings and conduct

The study is carried out in the physical medicine and rehabilitation department of Imam Reza Hospital in Tehran. The evaluator does not know the grouping of the participants.

Participants/Inclusion and exclusion criteria

Military personnel with shoulder tendinopathy

Intervention groups

Intervention group: patients receiving remote rehabilitation. Control group: patients who receive physiotherapy exercises in the clinic. Both groups of exercises include Codman exercise and strengthening exercises for rotator cuff muscles including supraspinatus, infraspinatus, teres minor and subscapularis as well as strengthening scapula stabilizing muscles including upper, middle and lower trapezius, rhomboid muscles, levator scapulae, pectoralis minor and major. receives

Main outcome variables

Pain by VAS scale Musculoskeletal disorders of the upper limb with the DASH questionnaire Quality of life with WHOQOL-BREF questionnaire

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180416039323N5**

Registration date: **2024-11-16, 1403/08/26**

Registration timing: **prospective**

Last update: **2024-11-16, 1403/08/26**

Update count: **0**

Registration date

2024-11-16, 1403/08/26

Registrant information

Name

Zahra Rezasoltani

Name of organization / entity

Country

Iran (Islamic Republic of)

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+98 21 4382 3476

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-11-21, 1403/09/01

Expected recruitment end date

2025-04-21, 1404/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Efficacy of tele-rehabilitation compared to office based physical therapy in army patients diagnosed with

shoulder tendinopathy and therapeutic protocol

Public title

Efficacy of tele-rehabilitation in shoulder tendinopathy

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Military personnel Have pain for more than 6 weeks
Diagnosis of shoulder tendinopathy based on MRI findings
The initial pain level should be between 3 and 8 based on the VAS scale
Have a phone with Android operating system
Have the ability to use a smart phone

Exclusion criteria:

If he had another treatment or surgery in the last three months
Have symptoms of cervical radiculopathy
Have upper limb paresthesia
Have a complete tear of the rotator cuff muscles
Have a history of tumor and malignancy in the shoulder
Have an active infection in the shoulder joint or surrounding tissues
Have coagulation disorders or take anticoagulants
Have systemic rheumatological disorders
Have a history of upper limb fracture
Has used systemic corticosteroids in the last month

Age

From **18 years** old to **50 years** old

Gender

Male

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Block randomization with different block sizes of 2, 4 and 8 is used. Initially, the block sizes are chosen randomly. Then, for each block, different permutations are determined for equal group size. Finally, one of the permutations is randomly selected.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Aja University of Medical

Sciences

Street address

Aja University of Medical Sciences, Shahid Etemadzadeh Street, West Fatemi Street

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Postal code

1411718546

Approval date

2024-06-12, 1403/03/23

Ethics committee reference number

IR.AJAUMS.REC.1403.073

Health conditions studied

1

Description of health condition studied

Shoulder tendinopathy

ICD-10 code

M67.813

ICD-10 code description

Other specified disorders of tendon, right shoulder

Primary outcomes

1

Description

pain

Timepoint

Before, one month and three months after the start of treatment

Method of measurement

Visual Analog Scale

2

Description

Musculoskeletal disorders of the upper limb

Timepoint

Before, one month and three months after the start of treatment

Method of measurement

The Disabilities of the Arm, Shoulder and Hand (DASH) questionnaire

Secondary outcomes

1

Description

Quality of Life

Timepoint

Before, one month and three months after the start of treatment

Method of measurement

World Health Organization Quality-of-Life Scale (WHOQOL-BREF)

Intervention groups

1

Description

Intervention group: Patients receiving tele-rehabilitation. The intervention group receive sports exercises includes Codaman exercises, strengthen the rotator cuff muscles, including the supraspinatus, infraspinatus, teres minor, and subscapularis, as well as strengthening the scapula stabilizing muscles, including the upper, middle, and lower trapezius, rhomboid muscles, levator scapulae, pectoralis minor, and major through Bale messenger.

Category

Rehabilitation

2

Description

Control group: Patients who receive physiotherapy exercises in the clinic. The control group receive exercises included Codman exercises and exercises to strengthen the rotator cuff muscles, including supraspinatus, infraspinatus, teres minor, and subscapularis, as well as strengthening the stabilizing muscles of the scapula, including upper, middle, and lower trapezius, rhomboid muscles, levator scapulae, pectoralis minor, and major in the physiotherapy clinic.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Department of Physical Medicine and Rehabilitation of Imam Reza Hospital

Full name of responsible person

Zahra Rezasoltani

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Artesh University of Medical Sciences

Full name of responsible person

Reza Mosaed

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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

Artesh 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

Artesh University of Medical Sciences

Full name of responsible person

Zahra Rezasoltani

Position

Associate professor

Latest degree

Specialist

Other areas of specialty/work

Physical Medicine

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Person responsible for scientific inquiries

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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

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

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Only primary and secondary outcome data are reported

When the data will become available and for how long

Considering that the data will be available in the form of an article, there is no specific time frame for this.

To whom data/document is available

Researchers are trained to conduct clinical trial studies and review studies

Under which criteria data/document could be used

If need more information for systematic review or meta-analysis studies

From where data/document is obtainable

Corresponding author of the article

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

Sending an email to the Corresponding author and providing the specifications and code of the study that is going to use the data of the present study

Comments