Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

STRETCHING EXERCISES AND KINESIOTAPING ON PAIN AND DISABILITY AMONG DENTISTS WITH ROUNDED SHOULDERS

Protocol summary

Study aim

To compare the impact of stretching exercises with and without kinesiotaping on pain levels, disability, and range of motion in shoulder flexion among dentists with rounded shoulders.

Design

A double blinded, randomized clinical trial with sample size of 58 patients, enrolled between January 2024 & September 2024

Settings and conduct

Double blinded study conducted at physiotherapy OPD of Ibne Siena Hospital & Research Institute, Multan. patient and assessor are blind

Participants/Inclusion and exclusion criteria

Inclusion criteria: 1)Patients with rounded shoulders diagnosed by physiotherapist. Calculate scapular index using formula (CP to SN)/(PLA to TS) *100 2) Both males and females 3) Age group 30-50 years 4) Patients with shoulder flexion limitation. 5) Patients with shoulder pain are included in the study 6) Dentists who treat more than 8 patients daily 7) Evidence of shoulder pain induced limitations in activities of daily life 8) Mobile Screen time should be less than 04 hours per day Exclusion criteria: 1) Individuals with frozen shoulder 2) Individuals with shoulder injury 3) Fracture or shoulder joint dislocation 4) Individuals with diabetic neuropathy 5) Neurological disorders like epilepsy or surgical procedures

Intervention groups

Along with standard physical therapy kinesio-taping with approximately 50 to 60% stretch. 1st kinesiology tape applied from anterior aspect of acromion to spinous process of T10 vertebra. 2nd kinesiology tape was applied to same area with 50% overlay. Taping applied after every 3 days for 24 hours. Sessions given twice a week for 4 weeks lasting 30–40 minutes.

Main outcome variables

Pain disability Shoulder flexion range

General information

Reason for update

Acronym

KT, RS

IRCT registration information

IRCT registration number: **IRCT20240721062493N1**
Registration date: **2024-09-26, 1403/07/05**
Registration timing: **retrospective**

Last update: **2024-09-26, 1403/07/05**
Update count: **0**

Registration date

2024-09-26, 1403/07/05

Registrant information

Name
Anum Fatima
Name of organization / entity
The University of Lahore
Country
Pakistan
Phone
+92 308 4784771
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anum.fatyma2@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-01-01, 1402/10/11

Expected recruitment end date

2024-08-24, 1403/06/03

Actual recruitment start date

2024-01-24, 1402/11/04

Actual recruitment end date

2024-09-25, 1403/07/04

Trial completion date

2024-09-25, 1403/07/04

Scientific title
STRETCHING EXERCISES AND KINESIOTAPING ON PAIN AND DISABILITY AMONG DENTISTS WITH ROUNDED SHOULDERS

Public title
STRETCHING EXERCISES AND KINESIOTAPING ON PAIN AND DISABILITY AMONG DENTISTS WITH ROUNDED SHOULDERS

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
dentists with shoulder pain and rounded shoulders diagnosed by scapular index both male and females Patients with shoulder flexion limitation Dentists who treat more than 8 patients daily Mobile Screen time should be less than 04 hours per day age 30-50

Exclusion criteria:
Individuals with frozen shoulder Individuals with shoulder injury Fracture or shoulder joint dislocation Individuals with diabetic neuropathy Neurological disorders like epilepsy or surgical procedures

Age
From **30 years** old to **50 years** old

Gender
Both

Phase
3

Groups that have been masked

- Participant
- Outcome assessor

Sample size
Target sample size: **58**
Actual sample size reached: **58**

Randomization (investigator's opinion)
Randomized

Randomization description
randomized according to serial numbers assigned by hospital. All participants having even serial number were assigned to experimental group while all odd serial numbers were allocated in control group.

Blinding (investigator's opinion)
Double blinded

Blinding description
The study was double blinded. The assessor and patient were unaware of the treatment given to both groups.

Placebo
Not used

Assignment
Parallel

Other design features
Data was collected at baseline and 4th week (assessment).

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of University of Lahore

Street address
1km Defence Road, near bhuptian chowk, Lahore, Punjab

City
Lahore

Postal code
54000

Approval date
2024-05-05, 1403/02/16

Ethics committee reference number
REC-UOL-666-03-2024

Health conditions studied

1

Description of health condition studied
Shoulder pain

ICD-10 code
M25.51

ICD-10 code description
Pain in joint, Dislocations, sprains and strains involving other combinations of body regions

Primary outcomes

1

Description
pain

Timepoint
Data was collected at baseline before intervention and in 4th week after intervention.

Method of measurement
Numerical Pain Rating Scale

2

Description
Range of motion of Shoulder flexion

Timepoint
Data was collected at baseline before intervention and in 4th week after intervention.

Method of measurement
Goniometer

3

Description
Disability of Shoulder joint

Timepoint
Data was collected at baseline before intervention and in 4th week after intervention.

Method of measurement
Shoulder Pain and Disability Index

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group:
Category
Treatment - Devices

2

Description
Control group:
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Ibne Siena hospital and research institute, Multan.
Full name of responsible person
Dr. Usman Khalid
Street address
Multan Southern Bypass, Jahangirabad Shah Rukn-e-Alam Town
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
The University of Lahore
Full name of responsible person
Prof. Dr. Ashfaq Ahmad
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1km Defence Road, near bhuptian chowk, Lahore, Punjab
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Email
info@uol.edu.pk
Web page address
https://uol.edu.pk/
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
The University of Lahore
Proportion provided by this source
100
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
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Position
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Person responsible for updating data

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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
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
Demographic data and data related to final outcome will be shared by maintaining the confidentiality

When the data will become available and for how long
data will be available from march 2024 to august 2024 after the 6 months of publication data sharing plan for a clinical trial (i.e. what data will be shared and under what conditions) will be publically available at the third party site that shares data with and meets the data requirements of WHO's international clinical trials registry platform, this occurs before the first participant is enrolled

To whom data/document is available
Dr Hira Shafiq (corresponding author) senior lecturer at the university of lahore

Under which criteria data/document could be used
for research purpose

From where data/document is obtainable
to corresponding author of the study, Dr Hira Shafiq and can contact on +92 . Can visit these research engines, you can easily find my study here https://scholar.google.com

What processes are involved for a request to access data/document
open-access and there is traditional public data release where anyone can get access to the data with no registration or conditions. The request will be reviewed by director InCharge and in case of eligibility, it would be shared in 2 weeks

Comments
I want randomized clinical trial registration