Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effectiveness of METs With and Without Scapular Mobilization in Treating Patients with Adhesive Capsulitis

Protocol summary

Study aim

The study aims to assess the comparative effect of METs and (muscle energy techniques) with and without scapular mobilization in patients with adhesive capsulitis. This study will help to highlight various physiological effects for managing adhesive capsulitis. To study the effect of Muscle Energy Technique on pain in patient with adhesive capsulitis.

Design

Pragmatic, community based, parallel group, double blinded, randomized controlled trial. Total 377 patients will be enrolled. Patients who met our inclusion criteria will be randomized into two groups.

Settings and conduct

Muhammad physical therapy & rehabilitation center Multan

Participants/Inclusion and exclusion criteria

Inclusion: 1. Age range (e.g 30-60 y) 2. Patients who have completed their conservative treatment for a minimum of 6 Week 3. Patients with pain and Restricted range of motion in the affected shoulder joint 5. Patients who can understand exercise programe 6. Both genders Exclusion: 1. Patients with any other pathological disease related to the shoulder 2. Patients with neurological and rheumatological disorders 3. Patients with systemic diseases affecting the musculoskeletal system 4. Patients who may be limited in their capacity to exercise due to cardiovascular, respiratory, or metabolic issues 5. Pregnant or breastfeeding ladies 6. Fractures/dislocations 7. History of acute trauma or previous surgery in the affected shoulder 8. Patients treated with corticoid injection in the affected shoulder in the last 12 months (25, 26).

Intervention groups

Group A 188 (who will receive METs with combination of scapular mobilization) and Group B 188 (who will receive METs without scapular mobilization).

Main outcome variables

joint range of motion, joint stiffness, adhesions, independency and quality of life in adhesive capsulitis patients.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20241220064105N1**
Registration date: **2024-12-26, 1403/10/06**
Registration timing: **prospective**

Last update: **2024-12-26, 1403/10/06**
Update count: **0**

Registration date

2024-12-26, 1403/10/06

Registrant information

Name
Komal Ammar Bukhari
Name of organization / entity
Muhammad Institute of Medical Sciences, Multan
Country
Pakistan
Phone
+92 314 6361728
Email address
komalbukhari608@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-01-12, 1403/10/23

Expected recruitment end date

2025-04-12, 1404/01/23

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of METs With and Without Scapular Mobilization in Treating Patients with Adhesive Capsulitis

Public title

METs With and Without Scapular Mobilization in Treating Patients with Adhesive Capsulitis.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Age range (e.g 30-60 y) Patients who have completed their conservative treatment for a minimum of 6 Week Restricted range of motion of the affected shoulder joint Patients with pain (e.g visual analogue score > 4) in the affected shoulder joint Patients who can understand exercise programm and co-operate with therapist Both genders

Exclusion criteria:

1. Patients with any other pathological disease related to the shoulder (e. g. “rotator cuff tear, impingement syndrome”) Patients with neurological and rheumatological disordersaffecting the shoulder joint Patients with a history of shoulder surgery or trauma Patients with systemic diseases affecting the musculoskeletal system (e. g., osteoarthritis, rheumatoid arthritis) Patients who may be limited in their capacity to exercise due to cardiovascular, respiratory, or metabolic issues Patients who are pregnant or breastfeeding Fractures/dislocations8. History of acute trauma or previous surgery in the affected shoulder Patients treated with corticoid injection in the affected shoulder in the last 12 months

Age

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

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor
- Data analyser

Sample size

Target sample size: **377**

Randomization (investigator's opinion)

Randomized

Randomization description

This randomization will be done by Lottery method to ensure fairness. Medications will be given in numbered white boxes, each with a unique medication number. The treatment codes will be kept by the principal investigator.

Blinding (investigator's opinion)

Double blinded

Blinding description

Statistical analyser and outcome assessor will be kept blind so that the result obtained will be without biasness.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

The Institutional Ethical Committee of Muhammad Institute of Medical and Allied Sciences

Street address

Bosan Road

City

Multan

Postal code

66000

Approval date

2024-12-12, 1403/09/22

Ethics committee reference number

MIMAS/19/01/Komal

Health conditions studied

1

Description of health condition studied

Adhesive capsulitis

ICD-10 code

M75.0

ICD-10 code description

Adhesive capsulitis of shoulder

Primary outcomes

1

Description

Range of motion

Timepoint

12weeks

Method of measurement

Goniometer Scale

2

Description

Shoulder Disability

Timepoint

12weeks

Method of measurement

SPADI Scale

3

Description
pain
Timepoint
12weeks
Method of measurement
NPRS(Numerical pain rating scale)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: will receive METs with combination of scapular mobilization scapular exercises • scapular wall angles• scapular protraction and retraction with Quadruped exercises • scapular dips• scapular punches• scapular cat camel stretch . Muscle Energy Techniques MET for Glenohumeral Joint Restricted Flexion , Abduction and External Rotation, Treatment regime distributed in 12 weeks period, 5 days a week, with 30 repititions per set and sessions lasting 30 min per day
Category
Rehabilitation

2

Description
Control group: will receive METs without scapular mobilization , MET for Glenohumeral Joint Restricted Flexion MET for Glenohumeral Joint Restricted Abduction MET for Glenohumeral Joint Restricted External Rotation, Treatment regime distributed in 12 weeks period, 5 days a week, with 30 repititions per set and sessions lasting 30 min per day
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Muhammad physical therapy & rehabilitation center Multan
Full name of responsible person
Maliha Khalid Khan
Street address
Bosan Road
City
Multan
Postal code
66000
Phone
+92 314 6361728
Email
malihatareen1997@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Muhammad Instituite of Rehabilitation Sciences, Multan
Full name of responsible person
Qurat ul Ain
Street address
Bosan Road
City
Multan
Postal code
66000
Phone
+92 312 6862130
Email
qain0635@gmail.com
Grant name
Student fund
Grant code / Reference number
MIMAS/6/2/Rabia
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Muhammad Instituite of Rehabilitation Sciences, Multan
Proportion provided by this source
70
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
Muhammad Instituite of Medical and Allied Sciences, Multan
Full name of responsible person
Maliha Khalid Khan
Position
Lecturer
Latest degree
Medical doctor
Other areas of specialty/work
Physiotherapy
Street address
Bosan Road
City
Multan
Province
Punjab
Postal code

66000

Phone
+92 312 6862130

Email
malihatareen1997@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Muhammad Institute of Medical Sciences and Rehabilitation center, Multan

Full name of responsible person
Komal Ammar Bukhari

Position
Lecturer

Latest degree
Medical doctor

Other areas of specialty/work
Physiotherapy

Street address
Bosan Road

City
Multan

Province
Punjab

Postal code
66000

Phone
+92 314 6361728

Email
komalbukhari608@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Muhammad Instituite of Medical and Allied Sciences, Multan

Full name of responsible person
Rabia Abbas

Position
Student

Latest degree
Bachelor

Other areas of specialty/work
Physiotherapy

Street address
Bosan Road

City
Multan

Province
Punjab

Postal code
66000

Phone
+92 319 6826592

Email
rabiahabbas12@gmail.com

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