

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The effects of prevention exercises programme on upper limb performance and shoulder joint range of motion in female volleyball players

#### Protocol summary

##### Study aim

Determining the Effect of a Specific Preventive Warm-up Training Program on the Range of Motion of the Shoulder Joint in Female Volleyball Players Determining the Impact of a Specific Preventive Warm-up Training Program on the Performance of the Upper Limbs in Female Volleyball Players

##### Design

This study includes healthy female volleyball players without any injuries in the shoulder joint. The samples for the present study consist of 34 individuals selected purposefully and conveniently, and then they are non-randomly divided into two groups: an experimental group (n=17) and a control group (n=17).

##### Settings and conduct

At the beginning of the participants' attendance at the sports club, shoulder range of motion and upper extremity function will be measured before the warm-up. After the completion of the 8-week intervention, the variables will be measured again.

##### Participants/Inclusion and exclusion criteria

Inclusion Criteria: Possession of physical fitness approved by a physician. Absence of severe injury (more than three weeks absence from exercise) in the past six months. Exclusion Criteria: Having absences in training for 2 consecutive sessions or 3 sessions non-consecutively.

##### Intervention groups

The intervention and control groups, each consisting of 17 participants, will perform their respective protocols. The intervention group will carry out the exercise protocol at the beginning of the warm-up for 20 minutes, while the control group will perform the standard warm-up.

##### Main outcome variables

After the implementation of the preventive warm-up protocol, it has an impact on the upper limb performance

and the range of motion of the shoulder joint in female volleyball players.

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20250208064688N1**

Registration date: **2025-02-24, 1403/12/06**

Registration timing: **prospective**

Last update: **2025-02-24, 1403/12/06**

Update count: **0**

##### Registration date

2025-02-24, 1403/12/06

##### Registrant information

##### Name

Leila Tabibi

##### Name of organization / entity

The University of Arak

##### Country

Iran (Islamic Republic of)

##### Phone

+98 31 4263 2227

##### Email address

l.tabibi.02@msc.araku.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2025-06-21, 1404/03/31

##### Expected recruitment end date

2025-07-05, 1404/04/14

##### Actual recruitment start date

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

The effects of prevention exercises programme on upper limb performance and shoulder joint range of motion in female volleyball players

**Public title**

"Investigating the effect of specific warm-up exercises on female volleyball players; the effect of warm-up exercises on upper limb performance and shoulder joint range of motion in female volleyball players."

**Purpose**

Prevention

**Inclusion/Exclusion criteria****Inclusion criteria:**

Medically approved physical condition

**Exclusion criteria:**

Absence of cardiovascular or respiratory disease No severe injuries to any part of the body within the past six months Absence of neuromuscular disorders

**Age**

From **10 years** old to **19 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **34**

**Randomization (investigator's opinion)**

Not randomized

**Randomization description****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**

Ethics Committee of Arak University

**Street address**

No. 49, Roshanaiyan Alley, Boostan Street, Najafabad, Isfahan Province

**City**

najafabad

**Province**

Isfahan

**Postal code**

8518647131

**Approval date**

2025-01-07, 1403/10/18

**Ethics committee reference number**

IR.ARAKU.REC.1403.061

**Health conditions studied****1****Description of health condition studied**

Upper limb performance - Shoulder joint range of motion

**ICD-10 code****ICD-10 code description****Primary outcomes****1****Description**

Average upper limb performance score (shoulder joint)

**Timepoint**

Measurements taken before the intervention and after the completion of the 8-week intervention

**Method of measurement**

Y Balance Test - Upper Extremity

**Secondary outcomes****1****Description**

Shoulder joint range of motion score

**Timepoint**

Measurements taken before the intervention and after the completion of the 8-week intervention

**Method of measurement**

Goniometer

**Intervention groups****1****Description**

Intervention group: In the intervention group, specific preventive warm-up exercises at 3 levels must be performed for 24 minutes over 8 weeks. The first two weeks involve basic exercises, the second two weeks involve level 1 exercises, the third two weeks involve level 2 exercises, and the fourth two weeks involve level 3 exercises

**Category**

Prevention

**Recruitment centers**

## 1

### Recruitment center

**Name of recruitment center**

Fetovat Sports Club

**Full name of responsible person**

Leila Tabibi

**Street address**

Isfahan Province, Najafabad, Rajai South Street, Afshan Alley.

**City**

Najaf abad

**Province**

Isfahan

**Postal code**

8518647131

**Phone**

+98 31 4264 6121

**Email**

Leila\_tabibi@yahoo.com

### Sponsors / Funding sources

## 1

### Sponsor

**Name of organization / entity**

Arak university

**Full name of responsible person**

دکتر محمد علی بدایى فرد

**Street address**

Arak56 Bbasij Square Karbala Boulevard Arak University

**City**

Arak

**Province**

Markazi

**Postal code**

3848177584

**Phone**

+98 86 3277 7400

**Email**

dabir@araku.ac.ir

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Arak university

**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**

Arak University

**Full name of responsible person**

Leila Tabibi

**Position**

Master's student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Sports Injury and Rehabilitation

**Street address**

Isfahan Province, Najafabad, Boustan Street, Roshanaian Alley, No. 49

**City**

Najafabad

**Province**

Isfahan

**Postal code**

8518647131

**Phone**

+98 31 4263 2227

**Email**

Leila\_tabibi@yahoo.com

### Person responsible for scientific inquiries

**Contact****Name of organization / entity**

Arak University

**Full name of responsible person**

Leila Tabibi

**Position**

Master's student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Sports Injury and Rehabilitation

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The University of Arak

**Full name of responsible person**

Leila Tabibi

**Position**

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**Latest degree**

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Sports Pathology and Rehabilitation

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Province, Najafabad City

**City**

Najafabad

**Province**

Isfahan

**Postal code**

8518647131

**Phone**

+98 31 4263 2227

**Fax****Email**

l.tabibi.02@msc.araku.ac.ir

**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**

Not applicable

**Analytic Code**

Not applicable

**Data Dictionary**

Not applicable

**Title and more details about the data/document**

All potential data can be shared after individuals have been rendered unidentifiable

**When the data will become available and for how long**

The access period begins in the year 1404, six months after the publication of the results

**To whom data/document is available**

For researchers employed at academic and scientific institutions will be available

**Under which criteria data/document could be used**

A formal request must be submitted, detailing the specific data or documents required. This often includes filling out a designated application form and send to the email address: Leila\_tabibi@yahoo.com.

**From where data/document is obtainable**

For obtaining the desired documents or data, please refer to the email address: Leila\_tabibi@yahoo.com.

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

There are no specific processes in this section

**Comments**