Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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)
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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
Isfehan
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

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

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Arak university

Full name of responsible person
دکترمحمد علی بداغی فرد

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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

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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
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