

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

Comparison of stretching, and resistance exercises on land and water on motor control, pain, performance, and range of motion of swimmers with shoulder impingement syndrome.

Protocol summary

Study aim

of stretching, and resistance exercises on land and water on motor control, pain, performance, and range of motion of swimmers with shoulder impingement syndrome.

Design

Two groups Water exercise intervention group, Land exercise intervention group, Randomly, into two equal group, Each group has 15 people, Based on software Gpower

Settings and conduct

The study will be conducted in Quazvin city, with water training in a pool and land training in gym

Participants/Inclusion and exclusion criteria

Entry requirements: Gender: Femal. Age between 20 to 40. The subject has shoulder impingement syndrome. No surgical intervention required

Intervention groups

Water exercise intervention group, Land exercise intervention group

Main outcome variables

Motor control, Pain, Performance, Range of motion

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20250427065494N1**

Registration date: **2025-05-15, 1404/02/25**

Registration timing: **prospective**

Last update: **2025-05-15, 1404/02/25**

Update count: **0**

Registration date

2025-05-15, 1404/02/25

Registrant information

Name

Fariba Bahrami Eyvanaki

Name of organization / entity

University Tehran

Country

Iran (Islamic Republic of)

Phone

+98 28 3355 2550

Email address

fariba.bahrami2025@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-05-20, 1404/02/30

Expected recruitment end date

2025-07-21, 1404/04/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of stretching, and resistance exercises on land and water on motor control, pain, performance, and range of motion of swimmers with shoulder impingement syndrome.

Public title

Comparison of stretching, and resistance exercises on land and water on motor control, pain, performance, and range of motion of swimmers with shoulder impingement syndrome.

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria:

Gender: Female Subjects will have shoulder impingement syndrom Age will be between 20 and 40 years old The subject is asked not to change their usual diet and activity

Exclusion criteria:

Lack of precise control of the subject,s psychological and motivational conditions during the exercises and tests
Lack of control for individual differences and hereditary factors of the subjects

Age

From **20 years** old to **40 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

They are divided into two intervention groups using a simple random method, in which each of the 30 people is assigned a number, water exercise and land exercise are indicated. The numbers are separated and poured into a ball, and a person is asked to draw the numbers one by one from the group. Accordingly,15 people are selected for water exercise and 15 people for land exercise.

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

Faculty of sports and Health Sciences-University of Tehran

Street address

North kargar Street aboveJalal Al Ahmad Intersection

City

Tehran

Province

Tehran

Postal code

88351730-37

Approval date

2025-05-12, 1404/02/22

Ethics committee reference number

IR.UT.SPORT.REC.1404.075

Health conditions studied

1

Description of health condition studied

Swimmer,s impingement syndrome of shoulder

ICD-10 code

M75.4

ICD-10 code description

Impingement syndrome of shoulder

Primary outcomes

1

Description

motor control

Timepoint

Before the start of the intervention and 8 weeks after the intervention

Method of measurement

Disabilities of the Arm,Shoulder and Hand Questionnaire (Dash)

2

Description

pain

Timepoint

Before the start of the intervention and 8 weeks after the intervention

Method of measurement

Visual analog scale

3

Description

performance

Timepoint

Before the start of the intervention and 8 weeks after the intervention

Method of measurement

Upper limb Y balance

4

Description

Range of motion

Timepoint

Before the start of the intervention and 8 weeks after the intervention

Method of measurement

Geniometer

Secondary outcomes

empty

Intervention groups

1

Description

The intervention group of people with shoulder impingement syndrome will be given a stretching and resistance training protocol in water, three days a week, each session lasting one hour, and this training protocol will be given for 8 weeks.

Category

Rehabilitation

2

Description

The intervention group of people with shoulder impingement syndrome will be given a stretching and resistance training protocol in Land, three days a week, each session lasting one hour, and this training protocol will be given for 8 weeks.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

University Laboretory

Full name of responsible person

Fariba Bahrami Eyvanaki

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University Tehran

Full name of responsible person

Hamed Mosavy

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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

The University Tehran

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

University Tehran

Full name of responsible person

Fariba Bahrami Eyvanaki

Position

Other

Latest degree

Master

Other areas of specialty/work

Teacher

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

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other

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Others
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Person responsible for updating data

Contact

Name of organization / entity
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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

A piece of data, such as information about the main outcome

When the data will become available and for how long

1404

To whom data/document is available

Researchers working at the University

Under which criteria data/document could be used

To print an Article

From where data/document is obtainable

Judges

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

After completing the study

Comments