

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jul 2026

The effect of ultrasound guidance on accuracy and efficacy of intra-articular steroid injections for treatment of shoulder adhesive capsulitis.

Protocol summary

Summary

The aim of this study is to compare the effect of ultrasound guidance on accuracy and efficacy of intra-articular steroid injections for treatment of shoulder adhesive capsulitis. Inclusion criteria include shoulder pain in the past 4-12 weeks and limited active and passive movements of the shoulder joint and exclusion criteria include contrast media allergy, inflammatory or infectious diseases and dislocation or fracture of shoulder joint. 41 patients with shoulder pain referred to Modarres Hospital who are candidate for intra-articular steroid injection will be assessed in this study. Shoulder pain status, range of motion and joint function will be registered. Then patients will be divided into two groups: in one group, steroid and contrast media will be injected using ultrasound guidance and in control group these injections will be performed with examination of anatomical markers. Thereafter, accuracy of injections assessed by a radiologist using plain X-ray (based on whether contrast media is injected in intra-articular space or not) and efficacy of treatment investigated by measuring range of motion and evaluating shoulder function and pain reduction, 1 and 4 weeks after treatment. Accuracy and efficacy of injections will be compared between the two groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016022313442N7**

Registration date: **2016-04-19, 1395/01/31**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-04-19, 1395/01/31

Registrant information

Name

Seyed Ahmad Raeissadat

Name of organization / entity

Modares Hospital

Country

Iran (Islamic Republic of)

Phone

+98 21 2273 1112

Email address

a_raeissadat@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahid Beheshti University of Medical Sciences

Expected recruitment start date

2015-11-09, 1394/08/18

Expected recruitment end date

2016-03-18, 1394/12/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of ultrasound guidance on accuracy and efficacy of intra-articular steroid injections for treatment of shoulder adhesive capsulitis.

Public title

effect of adding sonography in treatment of shoulder pains

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Unilateral Adhesive Capsulitis
Exclusion criteria: Fracture; History of Shoulder Surgery; Steroid Hypersensitivity

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 41

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Single blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethic committee of faculty of medicine. Shahid Beheshti University of Medical Sciences

Street address

Kaj square, Saadat Abad street, Tehran

City

Tehran

Postal code**Approval date**

2015-11-15, 1394/08/24

Ethics committee reference number

IR.SBMU.SMREC1394.99

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

Adhesive Capsulitis of shoulder

ICD-10 code

M75.0

ICD-10 code description

adhesive capsulitis of shoulder

Primary outcomes**1****Description**

pain

Timepoint

0,1 Week, 4Weeks

Method of measurement

VAS

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

Joint Function

Timepoint

0, 1 week, 4 weeks

Method of measurement

Oxford Questionnaire

2**Description**

ROM

Timepoint

0, 1 week, 4 weeks

Method of measurement

Goniometer

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

Solution of 1 cc Triamcinolon + 1 cc Lidocain 1% + 3.5 cc of non ionized contrast intra articular injection (sonographic guided vs blind)

Category

Treatment - Drugs

Recruitment centers**1****Recruitment center****Name of recruitment center**

Shahid Modarres Hospital

Full name of responsible person

Ahmad Raeissadat

Street address

Shahid Modarres Hospital, Kaaj Square, Sa'adat Abad, Tehran, Iran

City

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Seyed Ahmad Raeissadat

Street address

Shahid Modarres Hospital, Kaj square, Saadat Abad street

City

Tehran

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Shahid Beheshti University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Maryam Khoyeeniha

Position

Resident in Physical Medicine and Rehabilitation

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Seyed Ahmad Raeissadat

Position

Associate Professor

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Web page address

Person responsible for updating data

Contact

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty