

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Investigation of effect of Physiotherapy on some clinical parameters of surgery candidate patients with full thickness tear of Supraspinatpus tendon

Protocol summary

Summary

Objective: The aim of the present study is investigation of the effects of a physiotherapy program on surgery candidate patients with full thickness tear of Supraspinatpus tendon on some clinical parameters in Yazd city. **Design:** This is a randomized clinical trial. **Setting and conduct:** The study population are the patients with total Supraspinatous tear. The patients do the physiotherapy program for 10 weeks (30 sessions), the reassessment of variables will be done after the 20th and 30th sessions. The present study will have 2 main steps; at first a methodological research for reliability will done. At the second step the main clinical trial will done. **Participants including major eligibility criteria:** 15 patients candidate for surgery due to Supraspinatous rupture with age range between 40 to 70 (years) will be chosen based on below inclusion and exclusion criteria: **Inclusion criteria:** Non-traumatic full tear of Supraspinatous tendon according to physician refer; positive sign of impingement; presentation of sign and symptoms for more than 6 months. These subjects will not include in the study: Any injury of shoulder girdle complex (other than inclusion criteria); Degenerative Joint Diseases or Arthritis of shoulder complex; tendon tear of other muscles (except Supraspinatous tendon); recurrent dislocation of shoulder; fracture and stiffness of shoulder capsule. **Exclusion criteria:** If a patient dose not complete the Physiotherapy program; missing the sessions for more than two. **Intervention:** A physiotherapy protocol which has 3 basic phases will execute for 10 weeks. **Variables:** The main variables are pain based on Visual Analog Scale , function of shoulder based on Quick Dash questioner, active and passive range of motion and shoulder muscles strength.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014081018754N1**

Registration date: **2014-11-23, 1393/09/02**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2014-11-23, 1393/09/02

Registrant information

Name

Javad Sarrafzadeh

Name of organization / entity

Iran University of Medical Sciences, School of Rehabilitation Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Tehran University of Medical Sciences

Expected recruitment start date

2014-11-01, 1393/08/10

Expected recruitment end date

2015-04-30, 1394/02/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Investigation of effect of Physiotherapy on some clinical parameters of surgery candidate patients with full thickness tear of Supraspinatpus tendon

Public title
Investigation of effect of Physiotherapy on surgery candidate patients with full thickness tear of Supraspinatpus tendon

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria: Non-traumatic full tear of Supraspinatous tendon according to physician refer; positive sign of impingement; presentation of sign and symptoms for more than 6 months. These subjects will not include in the study: Any injury of shoulder girdle complex (other than inclusion criteria); Degenerative Joint Diseases or Arthritis of shoulder complex; tendon tear of other muscles (except Supraspinatous tendon); recurrent dislocation of shoulder; fracture and stiffness of shoulder capsule. Exclusion criteria: If a patient dose not complete the Physiotherapy program; missing the sessions for more than two. *The patient will stop his/she program any time he/she wants.

Age
From **40 years** old to **70 years** old

Gender
Both

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **15**

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Single

Other design features
Tehran University of Medical Sciences

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee

Ethic committee of Tehran University of Medical Sciences

Street address
Tehran University of Medical Sciences, Keshavarz Blvd.

City
Tehran

Postal code

Approval date
2014-01-08, 1392/10/18

Ethics committee reference number
92.130.2342

Health conditions studied

1

Description of health condition studied

Supraspinatus Tear

ICD-10 code

M75.1

ICD-10 code description

Rotator cuff syndrome

Primary outcomes

1

Description

Shoulder Pain

Timepoint

Before the intervention, 20th session and at the end of intervention (30th session)

Method of measurement

VAS

2

Description

Shoulder Function

Timepoint

Before the intervention, 20th session and at the end of intervention (30th session)

Method of measurement

QuickDASH questionnaire

3

Description

Passive and active range of motion of shoulder

Timepoint

Before the intervention, 20th session and at the end of intervention (30th session)

Method of measurement

Goniometer

4

Description

Strength of shoulder muscles

Timepoint

Before the intervention, 20th session and at the end of

intervention (30th session)

Method of measurement

Dynamometer

Secondary outcomes

empty

Intervention groups

1

Description

A physiotherapy protocol which included 3 basic phase will execute for all surgery candidate patients who will participate in the present study. Each phase will last for 3 to 4 weeks depend on improvement of the patient. In each phase, the aim is to decrease pain and increase passive and active range of motion and also increasing the shoulder muscles power. Base on determined criteria (such as shoulder pain and range of motion) in each phase, the patient will switch to the next phase.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Sadoughi Yazd Hospital, Yazd University of Medical Sciences

Full name of responsible person

Seyed Housain Said Banadaki

Street address

Orthopedic ward, Shahid Sadoughi Yazd Hospital, Ebne sina ave., Shaïd gandy ave., Atlasi squ. Yazd

City

Yazd

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Tehran University of Medical Sciences

Full name of responsible person

Dr. Masud Yunesian, Vice chancellor for research, Tehran University of Medical Sciences

Street address

Department of Environmental Health Engineering, School of Public Health, Tehran University of Medical Sciences

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice chancellor for research, Tehran 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

Iran University of Medical Sciences

Full name of responsible person

Javad Sarrafzadeh

Position

PT, PhD in Physiotherapy, Associated Professor,

Other areas of specialty/work

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Person responsible for scientific inquiries

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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