Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The comparison of subacromial space in persons with scapular dyskinesis before and after doing some selective shoulder girdle muscles exercises

Protocol summary

Summary
The aim of this study is the assessment of the effect of some selective shoulder exercises on subacromial spaces in patients with scapular dyskinesis. 16 patients with scapular dyskinesis at the ages 18-40 years old without any shoulder pain; surgery and fractures will be chosen.Their subacromial spaces were measured by sonography before and after doing 6 weeks some selective shoulder exercises

General information

Acronym
IRCT registration information
IRCT registration number: **IRCT2014091419152N1**
Registration date: **2014-10-04, 1393/07/12**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**
Registration date
2014-10-04, 1393/07/12

Registrant information
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Name of organization / entity
University of Social Welfare and Rehabilitation Sciences
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Recruitment status
Recruitment complete
Funding source
Deputy of research and technology, University of Social Welfare and Rehabilitation Science

Expected recruitment start date
2014-09-23, 1393/07/01
Expected recruitment end date
2015-03-21, 1394/01/01
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The comparison of subacromial space in persons with scapular dyskinesis before and after doing some selective shoulder girdle muscles exercises

Public title
The effect of some selective shoulder exercises in persons with scapular dyskinesis
Purpose
Treatment
Inclusion/Exclusion criteria
inclusion criteria: 18-40 years old; positive scapular dyskinesis tests;positive kibler test exclusion criteria: shoulder pain; cervical disorders; upper limb radiculopathy; systematic diseases; shoulder surgery or fracture
Age
From **18 years** old to **40 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **16**
Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

University of Social Welfare and Rehabilitation Sciences

Street address

Evin, Koodakyar Ave., University of Social Welfare and Rehabilitation Sciences

City

Tehran

Postal code

Approval date

2014-07-15, 1393/04/24

Ethics committee reference number

USWR.REC.1393.237

Health conditions studied

1

Description of health condition studied

Scapular dyskinesis

ICD-10 code

M62.3

ICD-10 code description

Immobility syndrome (paraplegic)

2

Description of health condition studied

Scapular dyskinesis

ICD-10 code

M62.4

ICD-10 code description

Contracture of muscle

3

Description of health condition studied

Scapular dyskinesis

ICD-10 code

M62.5

ICD-10 code description

Muscle wasting and atrophy, not elsewhere classified

Primary outcomes

1

Description

subacromial space

Timepoint

before intervention and after 6 weeks exercises

Method of measurement

sonography device

Secondary outcomes

empty

Intervention groups

1

Description

The intervention consists of some shoulder girdle strengthening and stretching exercises. The participants do the exercises 3 times per week for 6 weeks.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Physical Therapy clinics, University of Social Welfare and Rehabilitation Sciences,

Full name of responsible person

Afsun Nodehi Moghadam

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Social Welfare and Rehabilitation Sciences

Full name of responsible person

Amir Masood Arabloo

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City

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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
University of Social Welfare and Rehabilitation 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

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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