

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

13 Jun 2026

### comparison of the effectiveness of blind versus ultrasound guided corticosteroid injection in impingement syndrome

#### Protocol summary

##### Summary

The purpose of this study was to compare the efficacy of ultrasound-guided versus blind corticosteroid injections in patients with impingement syndrome. Inclusion criteria: posterolateral shoulder pain; Pain in abduction or painful restriction of glenohumeral mobility; provocation of symptoms by Neer and Hawkins tests. Exclusion criteria: shoulder pain due to osseous pathology; duration of shoulder pain more than three months; previous trauma in the shoulder region; evidence of predisposing condition such as diabetes mellitus. This study was performed in patients 18 to 65 years old with shoulder pain that refer to Isfahan University of Medical Science clinics between February 2014 to February 2015. 40 patients after diagnosis of Impingement syndrome by shoulder ultrasound, divided randomly into two groups. In the first group Corticosteroid injections were performed under ultrasound guidance through the posterior approach and in the second group Corticosteroid injections were performed with blind method. Then all patients at the baseline and after 6 weeks were examined for all factors of pain function and shoulder range of Motion, for this purpose used a Shoulder Pain and Disability Index questionnaire and goniometer.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015042021872N1**  
Registration date: **2015-06-02, 1394/03/12**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2015-06-02, 1394/03/12

#### Registrant information

##### Name

Mohsen Banimehdi

##### Name of organization / entity

Isfahan University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 4486 5939

##### Email address

davood.azadi@med.mui.ac.ir

#### Recruitment status

##### Recruitment complete

#### Funding source

Isfahan University of Medical Sciences

#### Expected recruitment start date

2014-01-21, 1392/11/01

#### Expected recruitment end date

2015-01-21, 1393/11/01

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### Scientific title

comparison of the effectiveness of blind versus ultrasound guided corticosteroid injection in impingement syndrome

#### Public title

the effectiveness of corticosteroid injection in impingement syndrome

#### Purpose

Treatment

#### Inclusion/Exclusion criteria

inclusion criteria: posterolateral shoulder pain; Pain in abduction or painful restriction of glenohumeral mobility; provocation of symptoms by Neer and Hawkins tests.

Exclusion criteria: shoulder pain due to osseous pathology (e.g. osteoarthritis, osteonecrosis); duration of shoulder pain more than three month; previous trauma in the shoulder region; previous physiotherapy or local steroid injection; evidence of predisposing condition such as pregnancy; diabetes mellitus; rheumatoid arthritis; hypothyroidism.

**Age**

From **18 years** old to **65 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **40**

**Randomization (investigator's opinion)**

Randomized

**Randomization description****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**

Isfahan University Of Medical Sciences

**Street address**

Hearjerib street

**City**

Isfahan

**Postal code****Approval date**

2014-04-21, 1393/02/01

**Ethics committee reference number**

394037

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

Impingement syndrome

**ICD-10 code**

M75.4

**ICD-10 code description**

Bursitis of shoulder

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

pain

**Timepoint**

Beginning of the study, after six weeks

**Method of measurement**

questionnaire

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

function

**Timepoint**

six weeks

**Method of measurement**

questionnaire and goniometer

**2****Description**

shoulder range of motion

**Timepoint**

six week

**Method of measurement**

questionnaire and goniometer

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

intervention group with one dose of 40mg methyl prednisolon and 1 cc lidocain 2% Ultrasound-guided injection

**Category**

Treatment - Drugs

**2****Description**

control group: one dose of 40mg methyl prednisolon and 1 cc lidocain 2% with use of blind injection

**Category**

Treatment - Drugs

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

Physical Medicine Clinic of Alzahra Hospital

**Full name of responsible person**

Mohsen Banimehdi

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Hezarjerib Street, Isfahan University Of Medical Sciences,

**City**  
Isfahan

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**  
Isfahan University Of Medical Sciences  
**Full name of responsible person**  
Shila Haghghat  
**Street address**  
Hezarjerib Street  
**City**  
Isfahan

### Grant name

### Grant code / Reference number

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

### Title of funding source

Isfahan 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**  
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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*