

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jul 2026

The comparison of therapeutic effect of ultrasound-guided and blind corticosteroid injection in shoulder impingement syndrome in patients referring to physical medicine and rehabilitation clinic of Firoozgar hospital in year1394-1395

Protocol summary

Summary

(1) Objectives: The aim of this study is to evaluate the effect of a single corticosteroid blind injection in shoulder tendinopathy compared with ultrasound guided injection . (2) Design: The study is clinical trial single-blind (analyzers) study and the sampling is with random blocks method. The study population are patients referred to physical medicine and rehabilitation clinic at Firoozgar and Rasool Akram hospital which are examined by a physical medicine and rehabilitation specialist and will be included in the study after qualifying the inclusion and exclusion criteria and obtaining the informed consent (3) Setting and conduct: patients will be randomly divided to two groups of fifteen. For randomization we will use randomized blocking method. (4) Interventions: After providing sterile conditions for injection, according to anatomic landmark for blind injection,in one group, one ml containing 40 mg of triamcinolone and 2 cc of lidocaine and in other group, ultrasound-guided injection in the subacromial space with lateral approach, one ml containing 40 mg of triamcinolone and 2 cc of lidocaine both groups are injected. physical therapy, including shoulder ROM exercises, posterior capsule stretching and isometric exercises will be taught to patients. (5) Main outcome measures: Related data to VAS and constant questionnaires, pre-treatment, 2 weeks and 2 months after it is evaluated.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017021524621N6**

Registration date: **2017-04-29, 1396/02/09**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-04-29, 1396/02/09

Registrant information

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Iran University of Medical Sciences

Expected recruitment start date

2016-03-19, 1394/12/29

Expected recruitment end date

2017-06-15, 1396/03/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison of therapeutic effect of ultrasound-guided and blind corticosteroid injection in shoulder impingement syndrome in patients referring to physical medicine and rehabilitation clinic of Firoozgar hospital in

year1394-1395	Medical faculty, Iran University of Medical Science, Hemmat High way Tehran Tehran Iran, Islamic Republic Of
Public title The comparison of effects of single session corticosteroids injection in treatment of shoulder inflammatory diseases with and without ultrasonography guidance.	City Tehran
Purpose Treatment	Postal code
Inclusion/Exclusion criteria Inclusion criteria: Age between 20 and 80 years; Shoulder tendinopathy as positive result of specific test like Neer & Hawkins test; The willingness of patients to participate in research projects; The absence history of rotator cuff tear, diabetes, coagulation disorders, fractures, rheumatologic diseases, tumors and infections; Not having shoulder injection in last 8 weeks; The absence of intraarticular injection contraindications like anticoagulant medications consumption; The absence of corticosteroid and lidocaine injection contraindications such as allergy reaction to these medications and skin infection at the injection site; The absence of bilateral shoulder problems; VAS>4; Not pregnant or not decide to get pregnant Exclusion criteria: The willingness of patients to exit from the study at any stage of the project; Non coming patient for follow-up and evaluation during the follow-up study; Daily use of any type of pain medication by patients for the duration of study.	Approval date 2016-09-22, 1395/07/01
	Ethics committee reference number IR.IUMS.REC 1395.28521
	Health conditions studied
	1
	Description of health condition studied shoulder tendinopathy
	ICD-10 code M75.4
	ICD-10 code description Impingement syndrome of shoulde
	Primary outcomes
	1
	Description The severity of symptoms
	Timepoint Zero, two weeks and two months after
	Method of measurement Visual Analog Scale (VAS)
Age From 20 years old to 80 years old	2
Gender Both	Description The severity of symptoms and functional limitations
Phase 2-3	Timepoint Zero, two weeks and two months after
Groups that have been masked No information	Method of measurement Constant score questionnaire
Sample size Target sample size: 30	Secondary outcomes
Randomization (investigator's opinion) Randomized	1
Randomization description	Description Side effects
Blinding (investigator's opinion) Single blinded	Timepoint Two weeks and two months after
Blinding description	Method of measurement Physical examination
Placebo Not used	
Assignment Parallel	
Other design features	
Secondary Ids empty	
Ethics committees	Intervention groups
1	1
Ethics committee Name of ethics committee Ethics Committee of Iran Universiy of Medical Science	Description Control group: Blind injection of corticosteroid in the subacromial space with lateral approach
Street address	Category

Treatment - Other

2

Description

Intervention group: Ultrasound-guided injection of corticosteroid in the subacromial space with lateral approach

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Firoozgar Educational Hospital

Full name of responsible person

Dr Motovalian

Street address

5th floor, Headquarters, Iran University of Medical Sciences, Hemmat Highway,

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Iran University of Medical Sciences

Full name of responsible person

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Street address

5th floor, Headquarters, Iran University of Medical Sciences, Hemmat Highway, Tehran

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, Iran 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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Full name of responsible person

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Other areas of specialty/work

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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