Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The comparison of therapeutic effect of ultrasound-guided and blind corticosteroid injection in shoulder impingement syndrome in patients reffering 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

Name
Tannaz Ahadi
Name of organization / entity
Iran University of Medical Science
Country
Iran (Islamic Republic of)
Phone
+98 21 8871 8207
Email address
ahadi.t@iums.ac.ir

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 reffering to physical medicine and rehabilitation clinic of Firoozgar hospital in

year1394-1395

Public title
The comparison of effects of single session corticosteroids injection in treatment of shoulder inflammatory diseases with and without ultrasonography guidance.
Purpose
Treatment
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.
Age
From **20 years** old to **80 years** old
Gender
Both

Phase
2-3
Groups that have been masked
No information
Sample size
Target sample size: **30**
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
Ethics Committee of Iran Universiy of Medical Science
Street address
Medical faculty, Iran University of Medical Sience, Hemmat High way Tehran Tehran Iran, Islamic Republic Of
City
Tehran
Postal code
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)

2

Description
The severity of symptoms and functional limitations
Timepoint
Zero, two weeks and two months after
Method of measurement
Constant score questionnaire

Secondary outcomes

1

Description
Side effects
Timepoint
Two weeks and two months after
Method of measurement
Physical examination

Intervention groups

1

Description
Control group: Blind injection of corticosteroid in the subacromial space with lateral approach
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
Dr Motovalian
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
Iran University of Medical Sciences
Full name of responsible person
Kimiya Habibi Siahpoush
Position
Resident of Physical Medicine and Rehabilitation
Other areas of specialty/work
Street address
Department of Physical Medicine and Rehabilitation, Firuzgar Hospital, Valiasr Square, Tehran.
City
Tehran
Postal code
Phone
+98 21 2676 5690
Fax
Email
Kimiya_me@yahoo.com
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Iran University of Medical Science
Full name of responsible person
Tannaz Ahadi
Position
assisstant professor of physical medicine and rehabilitation
Other areas of specialty/work
Street address
Department of Physical Medicine and Rehabilitation, Firuzgar Hospital, Valiasr Square, Tehran
City
Tehran
Postal code
Phone
+98 21 86701
Fax
Email
Ahadi.t@iums.ac.ir
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Iran University of Medical Sciences
Full name of responsible person
Kimiya Habibi Siahpoush
Position
Resident of Physical Medicine and Rehabilitation
Other areas of specialty/work
Street address
Department of Physical Medicine and Rehabilitation, Firuzgar Hospital, Valiasr Square, Tehran
City

Tehran
Postal code
Phone
+98 21 2676 5690
Fax
Email
Kimiya_me@yahoo.com
Web page address

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