

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Comparison of scapulothoracic mobilization and pectoralis minor stretching on correction of scapular position in scholars with rounded shoulder

#### Protocol summary

##### Summary

Rounded shoulder is a common postural abnormality which alters scapular resting position. However different treatments have been proposed to reduce it, the effectiveness of scapular mobilization has not been evaluated. Therefore the purpose of this study is to evaluate the effect of scapular mobilization (SM) in scapular resting position of subjects with rounded shoulder posture (RSP) and to compare it to pectoralis minor self stretching. This is a single blind randomized control clinical trial study. Fifty two subjects, with RSP which will determine by the plump line, between the age of 18 to 30 years old, will participate in this study. If the subjects have acute neck or shoulder girdle pain, macro trauma, history of fracture or shoulder surgery, cardio respiratory problem, and systemic disorders will exclude from study. All subjects will randomly classify in four groups as sustained SM in limited scapula range, pectoralis minor self stretching, combined SM - pectoralis minor self stretch and control. Scapular resting position will determine by Qualisys Sweden three dimensional motion analysis systems. Scapular resting position will calculate before and after on session of intervention. Participants will treat 5 sessions alternatively. After five sessions of interventions, scapular resting position will calculate again. The difference between and within groups will determine after one and five sessions of intervention.

#### General information

##### Acronym

non

##### IRCT registration information

IRCT registration number: **IRCT201206162708N6**

Registration date: **2012-08-20, 1391/05/30**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2012-08-20, 1391/05/30

##### Registrant information

###### Name

Ali Ghanbari

###### Name of organization / entity

Shiraz University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 71 1627 1551

###### Email address

ghanbary@sums.ac.ir

##### Recruitment status

###### Recruitment complete

##### Funding source

Shiraz University of Medical Sciences

##### Expected recruitment start date

2012-02-04, 1390/11/15

##### Expected recruitment end date

2012-05-04, 1391/02/15

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparison of scapulothoracic mobilization and pectoralis minor stretching on correction of scapular position in scholars with rounded shoulder

##### Public title

Comparison of scapulothoracic mobilization and

pectoralis minor stretching on correction of scapular position in scholars with rounded shoulder

### **Purpose**

Treatment

### **Inclusion/Exclusion criteria**

inclusion critria: rounded shoulder posture exclusion critria:acute shoulder girdle or neck pain, history of shoulder fracture in last year,surgery,respiratory problems,systemic disorders that influence connective tissue or joints.

### **Age**

From **18 years** old to **30 years** old

### **Gender**

Both

### **Phase**

N/A

### **Groups that have been masked**

*No information*

### **Sample size**

Target sample size: **52**

### **Randomization (investigator's opinion)**

Randomized

### **Randomization description**

### **Blinding (investigator's opinion)**

Single blinded

### **Blinding description**

### **Placebo**

Not used

### **Assignment**

Single

### **Other design features**

## **Secondary Ids**

empty

## **Ethics committees**

### 1

#### **Ethics committee**

##### **Name of ethics committee**

The Ethics committee of Shiraz University of Medical Science

##### **Street address**

Zand Street- Shiraz

##### **City**

Shiraz

##### **Postal code**

#### **Approval date**

2010-09-23, 1389/07/01

#### **Ethics committee reference number**

CT-90-5982

## **Health conditions studied**

### 1

#### **Description of health condition studied**

rounded shoulder

#### **ICD-10 code**

XIII

### **ICD-10 code description**

Acquired deformity of musculoskeletal system, unspecified

## **Primary outcomes**

### 1

#### **Description**

scapular resting position

#### **Timepoint**

before intervention- after one session of intervention- after 5 sessions of intervention

#### **Method of measurement**

three dimensional motion analysis system

## **Secondary outcomes**

empty

## **Intervention groups**

### 1

#### **Description**

sustained scapular mobilization with grade IV

#### **Category**

Rehabilitation

### 2

#### **Description**

pectoralis minor self stretching

#### **Category**

Rehabilitation

### 3

#### **Description**

combined treatment: scapular mobilization and pectoralis minor self stretching

#### **Category**

Rehabilitation

### 4

#### **Description**

control without treatment

#### **Category**

Rehabilitation

## **Recruitment centers**

### 1

#### **Recruitment center**

##### **Name of recruitment center**

Shiraz Uniiversity of Medical Sciences

##### **Full name of responsible person**

Dr. Ali Ghanbari

##### **Street address**

Rehabilitation School, 1st Abivardi Street, Shiraz

**City**  
Shiraz

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**  
Shiraz University of Medical Sciences  
**Full name of responsible person**  
Dr Gholamreza Hatam  
**Street address**  
Zand street- Shiraz  
**City**  
Shiraz

### Grant name

**Grant code / Reference number**

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

Yes

### Title of funding source

Shiraz 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**  
Shiraz University of Medical Science  
**Full name of responsible person**  
Dr. Ali Ghanbari  
**Position**  
Phd  
**Other areas of specialty/work**  
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## Person responsible for scientific inquiries

### Contact

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## Person responsible for updating data

### Contact

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Shiraz University of Medical Sciences  
**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*