Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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,surgury,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 commitee 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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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