Clinical Trial Protocol
Iranian Registry of Clinical Trials

23 Jun 2026

Evaluation and comparison of two therapeutic physiotherapy protocols of high power or low power lasers combined with kinesio taping on shoulder function and musculoskeletal sonography parameters in patients with subacromial impingement syndrome

Protocol summary

Study aim
Evaluation and comparison of two therapeutic physiotherapy protocols of high power or low power lasers combined with kinesio taping on shoulder function and musculoskeletal sonography parameters in patients with subacromial impingement syndrome

Design
Clincal Trial , randomised with concealed envelope and with control group There are three groups, and 10 in each group are calculated based on previous studies

Settings and conduct
The intervention will be three sessions per week and seven sessions Assessment is performed before and after treatment There are two treatment groups and one control group. Patients are not aware of the type of intervention

Participants/Inclusion and exclusion criteria
Women and men with subacromial impingement syndrome 40-60 years old Right shoulder pain , BMI 25-30 Stage I , II in Neer classification The presence of tendonitis and inflammation in the MRI that is being examined by a doctor Painful arch 40-120 of shoulder abduction Positive Neer , Hawkins-kennedy and Yocum tests VAS 4-8 exclusion criteria: presence of : pregnancy , shoulder surgery , GH joint dislocation , corticosrteoid or heyaloronic acid injection presence of : frozen shoulder ، Acromioclavicular joint arthritis ، Rottator cuff rupture , shoulder instability osteoprosis Distracting the neck and changing the symptoms with neck movements Use anti-inflammatory and anti-inflammatory drugs since the onset of evaluation and participation in the study Unwillingness to continue treatment for any reason

Intervention groups
High power laser group، Low power laser group، control group In all three groups, Kinesiotape will be used

Main outcome variables
Pain، shoulder function، sonography parameters of subacromial space

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20180406039203N1**
Registration date: **2018-06-03, 1397/03/13**
Registration timing: **prospective**

Last update: **2020-01-14, 1398/10/24**
Update count: **1**

Registration date
2018-06-03, 1397/03/13

Registrant information

Name
Zohre Zaki

Name of organization / entity
Tarbiat modares university

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Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-05-21, 1397/02/31

Expected recruitment end date
2018-10-21, 1397/07/29

Actual recruitment start date
2018-06-08, 1397/03/18
Actual recruitment end date
2018-11-06, 1397/08/15
Trial completion date
2018-11-22, 1397/09/01

Scientific title
Evaluation and comparison of two therapeutic physiotherapy protocols of high power or low power lasers combined with kinesio taping on shoulder function and musculoskeletal sonography parameters in patients with subacromial impingement syndrome

Public title
Evaluation of high power and low power laser with tape and in shoulder impingement
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
BMI 25-30 , Right shoulder pain Stage I,II in Neer Classification The presence of tendonitis and inflammation in the MRI that is being examined by a doctor Painful arch 40-120 of shoulder abduction Positive Yocum , Neer and Hawkins - kennedy tests Weakness or pain in resistence external rotation , internal rotation and abduction VAS 4-8
Exclusion criteria:
Presence : pregnancy , shoulder surgery , G.H joint dislocation , corticostroid and heyaloronic acid injection from 6 month befor Presence: Frozen shoulder ، Acromioclavicular joint arthritis , Rottator cuff ruptur , shoulder instability Tscore lower than -2 Radicular pain Use anti-inflammatory and drugs since the onset of evaluation and participation in the study Unwillingness to continue treatment for any reason
Age
From **40 years** old to **60 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Participant

Sample size
Target sample size: **37**
Actual sample size reached: **40**
Randomization (investigator's opinion)
Randomized
Randomization description
Simple and individual randomization will be done through sealed envelopes
Blinding (investigator's opinion)
Single blinded
Blinding description
Individuals participating in the study are blind to what kind of laser they receive or are in the control group
Placebo
Used
Assignment
Parallel
Other design features
Precise assessment of changes before and after treatment with ultrasound

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
National Ethics Committee for Biomedical Research
Street address
Jala al ahmad street , Tarbiat modares university
City
Tehran
Province
Tehran
Postal code
14115-111
Approval date
2018-05-28, 1397/03/07
Ethics committee reference number
IR.MODARES.REC.1397.005

Health conditions studied

1

Description of health condition studied
Subacromial impingement syndrome
ICD-10 code
M75.41
ICD-10 code description
Impingement syndrome of right shoulder

Primary outcomes

1

Description
Pain
Timepoint
Before and after treatmant
Method of measurement
Visual analogue scale

Secondary outcomes

1

Description
Range of motion
Timepoint
Before and after treatmant
Method of measurement
Goniometer

Intervention groups

1

Description
Intervention group: A high power laser with a power of 4 watts for 9 minutes will be used on a sub-acromicl space of 10 centimeters in area, and the total energy received will be 2050 jul. Per square centimeter. Treatment will be performed three times a week for seven sessions
Category
Treatment - Devices

2

Description
Intervention group: A low power laser with a power of 200 MW for 16 minutes will be used on a sub-acromicl space of 10 cm2. The total energy received will be 200 jules per square centimeter. Treatment is performed three times a week for seven sessions.
Category
Treatment - Devices

3

Description
Control group: A placebo laser will be given for 10 minutes. The patient's position and therapist will be treated in the same way as the treatment group. The device is switched on and the radiation does not start
Category
Treatment - Devices

Recruitment centers

1

Recruitment center
Name of recruitment center
Dr.ravanbod physiotherapy clinic
Full name of responsible person
Roya Ravanbod
Street address
Number4 ,Tarabande alley , Valiasr street
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tarbiat modares university
Full name of responsible person
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Tarbiat modares university
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
Tarbiat modares university
Full name of responsible person
Zohre Zaki
Position
Master student
Latest degree
Bachelor
Other areas of specialty/work
Physiotherapy
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available

Study Protocol
Yes - There is a plan to make this available

Statistical Analysis Plan
Yes - There is a plan to make this available

Informed Consent Form
Yes - There is a plan to make this available

Clinical Study Report
Yes - There is a plan to make this available

Analytic Code
Yes - There is a plan to make this available

Data Dictionary
Yes - There is a plan to make this available

Title and more details about the data/document
Unidentifiable people can share all the data

When the data will become available and for how long
Start the access period 6 months after printing the results

To whom data/document is available
Data will be available to researchers working in academic and scientific institutes in the industry

Under which criteria data/document could be used
To carry out scientific projects

From where data/document is obtainable
zohre zaki , zaki_zohre@yahoo.com

What processes are involved for a request to access data/document
Submitting the project plan and the full review of the individuals and the organization carrying out the project and will be sent upon confirmation

Comments