

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Three different methods in pain management and treatment of patients with idiopathic frozen shoulder: supracondylar nerve block (SSNB) together with physiotherapy, intra-articular injection of corticosteroid together with physiotherapy and isolated physiotherapy.

Protocol summary

Study aim

Three different methods in pain management and treatment of patients with idiopathic frozen shoulder: supracondylar nerve block (SSNB) together with physiotherapy, intra-articular injection of corticosteroid together with physiotherapy and isolated physiotherapy.

Design

Randomized clinical trial, with parallel groups, without blinding.

Settings and conduct

non-blinded randomized clinical trial

Participants/Inclusion and exclusion criteria

inclusion criteria: pain at rest and limited ROM for at least 3 months. failure in oral medical therapy for at least 3 months normal finding in shoulder imaging limited forward flexion<100degree, limited external rotation<50%, limited internal rotation. Exclusion criteria: Evidence of degenerative changes in the shoulder joint and rotator cuff tear. History of previous shoulder surgery, trauma, or drug allergy. History of intra-articular shoulder joint injection.

Intervention groups

Intervention group1: Physiotherapy group Intervention group2: IACI (Intra articular corticosteroid injection)+ Physiotherapy Intervention group3: SSNB (Supra scapular nerve block)+ Physiotherapy

Main outcome variables

Range of motion SPADI (The shoulder pain and disability index)

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20110809007274N16**

Registration date: **2018-08-03, 1397/05/12**

Registration timing: **registered_while_recruiting**

Last update: **2018-08-03, 1397/05/12**

Update count: **0**

Registration date

2018-08-03, 1397/05/12

Registrant information

Name

Mohsen Mardani Kivi

Name of organization / entity

Guilan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 13 1321 1470

Email address

mardani@gums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-06-05, 1397/03/15

Expected recruitment end date

2018-09-06, 1397/06/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Three different methods in pain management and treatment of patients with idiopathic frozen shoulder:

supracondylar nerve block (SSNB) together with physiotherapy, intra-articular injection of corticosteroid together with physiotherapy and isolated physiotherapy.

Public title

Three different methods in pain management of patients with frozen shoulder: nerve block plus physical therapy, intra-articular corticosteroid injection plus physical therapy and isolated physical therapy.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

pain at rest and limited range of motion for at least 3 months duration (stage I & II in Kisner & Colby classification) . failure in oral medical therapy for at least 3 months normal finding in shoulder imaging limited forward flexion<100degree, limited external rotation<50%, limited internal rotation

Exclusion criteria:

Evidence of degenerative changes in the shoulder joint (Glenohumeral arthritis) and rotator cuff tear History of previous shoulder surgery, trauma, or drug allergy History of intra-articular or peri-articular shoulder joint injection

Age

From **18 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **96**

Randomization (investigator's opinion)

Randomized

Randomization description

block randomization

Blinding (investigator's opinion)

Not 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, Guilan University of Medical Sciences

Street address

Research vice-chancellor of Guilan university of

medical sciences building, Shahid Beheshti blv.

City

Rasht

Province

Guilan

Postal code

4193834881

Approval date

2018-05-19, 1397/02/29

Ethics committee reference number

IR.GUMS.REC.1397.046

Health conditions studied

1

Description of health condition studied

Adhesive capsulitis of shoulder

ICD-10 code

M75.0

ICD-10 code description

Adhesive capsulitis of shoulder

Primary outcomes

1

Description

Range of motion

Timepoint

pre-treatment, 2nd, 4th, 6th and 12th weeks post treatment

Method of measurement

Goniometer

Secondary outcomes

1

Description

Measuring pain and disability of the patient from 0 to 100

Timepoint

pre-treatment, 2nd, 4th, 6th and 12th weeks post treatment

Method of measurement

SPADI (The shoulder pain and disability index)

Intervention groups

1

Description

Intervention group1: Physiotherapy group in which all case will receive the PT protocol.

Category

Treatment - Other

2

Description

Intervention group2: IACI (Intra articular corticosteroid injection)+ Physiotherapy: all patient will receive IACI (including 8ml of Lidocaine plus 80mg of Prednisolone Acetate). for all patient in this group the PT protocol will be performed.

Category

Treatment - Drugs

3

Description

Intervention group3: SSNB (Supra scapular nerve block)+ Physiotherapy: all patient will receive SSNB (including 8ml of Lidocaine 1% plus 80mg of Prednisolone Acetate) under the sonography guide. for all patient in this group the PT protocol will be performed.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Rasht Poursina Hospital

Full name of responsible person

Mohsen Mardani Kivi MD.

Street address

poursina Crossroads, Poursina hospital

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Rasht University of Medical Sciences

Full name of responsible person

Shadman Nemati MD, Research chancellor of Guilan university of medical science

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Grant name

Grant code / Reference number

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

No

Title of funding source

Vice chancellor for research, Guilan University of Medical Sciences

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

Rasht University of Medical Sciences

Full name of responsible person

Dr. Mohsen Mardani Kivi

Position

Orthopedic Surgeon, Associate Professor

Latest degree

Specialist

Other areas of specialty/work

Orthopedics

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

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Position

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Latest degree

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

Not applicable.

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available