

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

: Effects of Acromioclavicular joint mobilization on symptoms and functional disability in patients with Frozen Shoulder Syndrome: A randomized controlled trial

Protocol summary

Study aim

Determination of acromioclavicular joint mobilization effects on symptoms and function of patients with frozen shoulder.

Design

A single blinded randomized controlled clinical trial of 56 patient with frozen shoulder.

Settings and conduct

Target population are all people who presenting with frozen shoulder at specialized physical medicine and rehabilitation clinics of Tabriz university of medical sciences . They will be enrolled in the study if they have included criteria and have not excluded criteria. The patients will divide randomly into 2 groups (A,B) by computerized randomization with Excel software.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Age between 18 to 60 years Unilateral frozen shoulder Normal shoulder Xray and normal neurological examination At least two months passing from the onset of symptoms : exclusion criteria: Inflammatory or infectious shoulder joint disease Poor controlled diabetes Neoplastic disorder of shoulder region A recent history of fracture, dislocation ,subluxation ,steroid injection or surgery of shoulder complex

Intervention groups

In experimental group, Acromioclavicular joint mobilization techniques will be performed in the form of passive accessory inferior ,posterior to anterior & anterior to posterior glides(grade 3 &4) up to 6 sessions they also will receive physiotherapy and exercise such as control group. control group will receive 10 sessions of shoulder physiotherapy three times a week with range of motion,stretching and isometric strengthening exercises of shoulder muscles at home twice a day for twenty days

Main outcome variables

Shoulder range of motion Functional disability Pain severity

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20100605004104N7**

Registration date: **2019-01-06, 1397/10/16**

Registration timing: **registered_while_recruiting**

Last update: **2019-01-06, 1397/10/16**

Update count: **0**

Registration date

2019-01-06, 1397/10/16

Registrant information

Name

Mohammad Rahbar

Name of organization / entity

Tabriz University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-12-22, 1397/10/01

Expected recruitment end date

2020-03-20, 1399/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

: Effects of Acromioclavicular joint mobilization on symptoms and functional disability in patients with Frozen Shoulder Syndrome: A randomized controlled trial

Public title

Effects of Acromioclavicular joint mobilization in Frozen Shoulder Syndrome

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Age between 18 to 60 years Unilateral frozen shoulder Normal shoulder Xray and normal neurological examination At least two months passing from the onset of symptoms

Exclusion criteria:

Inflammatory or infectious shoulder joint disease Neurological deficit such as stroke which is due to shoulder muscle dysfunction Poor controlled diabetes Neoplastic disorder of shoulder region A recent history of fracture, dislocation or subluxation of shoulder complex A history of steroid injection of glenohumeral joint, subdeltoid burse or acromioclavicular joint within the previous 6 months or surgery A feeling of instability at the glenohumeral joint Shoulder pain referred from the severe cervical radiculopathy.

Age

From **18 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor
- Data analyser

Sample size

Target sample size: **56**

Randomization (investigator's opinion)

Randomized

Randomization description

Patients will divide randomly into 2 groups (A,B) by computerized randomization with Excel software and this sequence will be written in separate envelopes and then will be placed in a box. The patients will treat with sequence of this box.

Blinding (investigator's opinion)

Single blinded

Blinding description

For concealment of allocation and we will write sequence (A,B) based on computerized randomization in separate pockets and will be placed in a box. The patients will treat with sequence of this box. No researcher and statistical analyst will be aware of the type of intervention received.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethic committee of Tabriz University of Medicine

Street address

Golgasht Street, Central Department no.2, Vice Chancellor for Research, Tabriz University of Medical Sciences

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Tabriz

Province

East Azarbaijan

Postal code

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Approval date

2018-11-19, 1397/08/28

Ethics committee reference number

IR.TBZMED.REC.1397.671

Health conditions studied**1****Description of health condition studied**

Frozen shoulder

ICD-10 code

M75.0

ICD-10 code description

Adhesive capsulitis of shoulder

Primary outcomes**1****Description**

Ability to manage in everyday life

Timepoint

before treatment, immediately after treatment.

Method of measurement

Shoulder Pain and Disability Index Questionnaire

2**Description**

Range of motion of shoulder joints

Timepoint

before treatment and immediately after treatment.

Method of measurement

Goniometer

3

Description

Pain severity

Timepoint

Before treatment, immediately after treatment

Method of measurement

Visual Analogue Scale with grading from zero to 10 centimeters.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Acromioclavicular joint mobilization techniques will be performed in the form of passive accessory inferior ,posterior to anterior & anterior to posterior glides(grade 3 &4) ,of the distal end of the clavicle in physiological position for up to 6 sessions in the course of therapy by one expert therapist. patients also will receive physiotherapy and exercise such as control group.

Category

Treatment - Other

2

Description

Control group: They will receive 10 sessions of shoulder physiotherapy three times a week with range of motion,stretching and isometric strengthening exercises of shoulder muscles at home twice a day for twenty days that will be conducted in a pain free manner. physiotherapy includes: hot pack for 20 minutes with heat of 74.5 degrees Celsius. Electrical nerve stimulation with frequencies of 70 to 80 hertz for 25 minutes. Continuous ultrasonography with dose of 1.25 to 1.5 w/cm2, and range of motion and stretching exercise .

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Reza University Hospital

Full name of responsible person

Dr. Mohammad Rahbar

Street address

Golgasht Ave., Imam Reza university hospital, physical medicine and rehabilitation ward

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences

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

Tabriz 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

Tabriz University of Medical Sciences

Full name of responsible person

Sepideh Ranjbar

Position

Physical medicine and rehabilitation resident

Latest degree

Medical doctor

Other areas of specialty/work

Physical Medicine

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Person responsible for scientific inquiries

Contact

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Latest degree

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Person responsible for updating data

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Latest degree

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available