Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The Effect of eight weeks scapular stabilization exercises on shoulder pain of archers with scapular dyskinesis

Protocol summary

Study aim
The aim of this study was to determine the effect of eight weeks scapular stabilization exercises on shoulder pain of archers with scapular dyskinesis.

Design
were non randomly divided into two experimental and control groups (15 in each group)

Settings and conduct
Shoulder pain was evaluated by using numeric pain rating scale and Scapular dyskinesis test was used to visually examine the alteration in scapular position. Then the experimental group performed scapular stabilization exercises for eight weeks, three sessions per week and 40 minutes per session. The control group experienced no exercise. At the end of the training, post-test was performed for both groups

Participants/Inclusion and exclusion criteria
scapular dyskinesis shoulder pain

Intervention groups
Experimental group: Effectiveness of scapular stabilization exercises control group: experienced no exercise

Main outcome variables
shoulder pain of archers with scapular dyskinesis

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20200401046910N1**
Registration date: **2020-04-13, 1399/01/25**
Registration timing: **retrospective**

Last update: **2020-04-13, 1399/01/25**
Update count: **0**

Registration date
2020-04-13, 1399/01/25

Registrant information

Name
atefeh eyvezi heze baran

Name of organization / entity
Urmia university

Country
Iran (Islamic Republic of)

Phone
+98 41 3479 4637

Email address
atefeheyvazi95@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-06-26, 1398/04/05

Expected recruitment end date
2019-06-29, 1398/04/08

Actual recruitment start date
2019-06-26, 1398/04/05

Actual recruitment end date
2019-06-29, 1398/04/08

Trial completion date
2019-09-01, 1398/06/10

Scientific title
The Effect of eight weeks scapular stabilization exercises on shoulder pain of archers with scapular dyskinesis

Public title
The Effect of eight weeks scapular stabilization exercises on shoulder pain of archers with scapular dyskinesis

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
scapular dyskinesis shoulder pain less than 7 and more than 3 in the numeric pain rating scale Age range 18 to 28 years

Exclusion criteria:

History of surgery on the shoulder girdle and upper body Having strains and sprains in the shoulder Injury to the neck and upper limbs in the last 30 days Having any physical abnormalities that affect the research process BMI above 30

Age

From **18 years** old to **28 years** old

Gender

Male

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **30**

Actual sample size reached: **100**

Randomization (investigator's opinion)

Not randomized

Randomization description

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 of Urmia University of Medical Sciences

Street address

Resalat

City

Urmia

Province

West Azarbaijan

Postal code

1376656763

Approval date

2019-06-19, 1398/03/29

Ethics committee reference number

IR.UMSU.REC.1398.118

Health conditions studied

1

Description of health condition studied

scapular dyskinesis

ICD-10 code

ICD-10 code description

بیماری نیست

Primary outcomes

1

Description

shoulder pain of archers with scapular dyskinesis

Timepoint

At the beginning of the study and 8 weeks after the exercise

Method of measurement

to recognize scapular dyskinesis from scapular dyskinesis test (SDT). Shoulder pain was evaluated by using numeric pain rating scale and Scapular dyskinesis test was used to visually examine the alteration in scapular position

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The training group then performed scapular stabilization exercises (i. e. scapular retraction, push-up with plus, scapular retraction and depression, dipping and forward leaning) for eight weeks, three sessions per week, and 40 minutes per session.

Category

Rehabilitation

2

Description

Control group: group experienced no exercise

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Sahand Archery Club, Kargaran and Academy Tabriz

Full name of responsible person

Atefeh Eyvazi Heze Baran

Street address

Laleh crossroads. 12 meters from Fallahnejad

City

Tabriz

Province

East Azarbaijan

Postal code

1376656763

Phone

+98 41 3475 3093

Email

ATEFEHEYVAZI95@GMAIL.COM

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Oroumia University of Medical Sciences
Full name of responsible person
Narmin Ghani Zadeh Hesar
Street address
Nazlu Road
City
Urmia
Province
West Azarbaijan
Postal code
1376656763
Phone
+98 41 3475 3093
Email
n_hesar@yahoo.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Oroumia 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
The University of Urmia
Full name of responsible person
Atefeh Eyvazi Heze Baran
Position
University student
Latest degree
Master
Other areas of specialty/work
Exercise Physiology and Corrective exercises
Street address
Laleh crossroads. 12 meters from Fallahnejad
City
Tabriz
Province
East Azarbaijan
Postal code
1376656763
Phone
+98 41 3475 3093
Email
ATEFEHEYVAZI95@GMAIL.COM

Person responsible for scientific inquiries

Contact
Name of organization / entity
The University of Urmia
Full name of responsible person
Atefeh Eyvazi Heze Baran
Position
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Email
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Person responsible for updating data

Contact
Name of organization / entity
The University of Urmia
Full name of responsible person
Atefeh Eyvazi Heze Baran
Position
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Master
Other areas of specialty/work
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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

No - There is not a plan to make this available

Informed Consent Form

Yes - There is 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

Title and more details about the data/document

Part of the data such as information about the results

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

Researchers working in academic and scientific institutions

Under which criteria data/document could be used

Help with relevant research

From where data/document is obtainable

atefeheyvazi95@gmail.com

What processes are involved for a request to access data/document

one month

Comments