Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effects Of Shoulder Joint Mobilization With Movement With And Without Scapular Mobilization On Pain,Range Of Motion And Function In Adhesive Capsulitis.

Protocol summary

Study aim
To Find The Effects Of Shoulder Joint Mobilization With Movement With And Without Scapular Mobilization On Pain,Range Of Motion And Function In Adhesive Capsulitis.

Design
Two parallel groups ,Double blinded ,Randomized Controlled Trial.

Settings and conduct
DHQ TEACHING HOSPITAL SARGODHA, Outcome assessor and participant will be blinded.

Participants/Inclusion and exclusion criteria
Inclusion criteria: • Age 40-65 yrs with complaint of shoulder pain for last 3 months. • both genders. • NPRS score ≤ 6 screened written informed consent. • Diabetes and hypertension. • unilateral shoulder must have not move more then 90 degrees of abduction and 50% decreased external rotation as compared to normal side/normal ROMS values. Exclusion criteria: • Inflammatory Pathologies such as Rotator cuff tendinitis,rheumatoid arthritis. • Trauma. • Shoulder Surgeries,Malignancy . • Neurological disorders of upper extremity • Cervical or thoracic problem having cervical rib. • Intra articular injection in glenohumeral joint during last 03 months.

Intervention groups
Intervention Group A:Shoulder Joint Mobilization With Movement. Intervention Group B:Shoulder Joint Mobilization With Movement With Scapular Mobilization.

Main outcome variables
Pain intensity will be measured by NPRS. ROM of shoulder measured by universal Goniometer. Functional Disability by Shoulder Pain And Disability Index (SPADI).

General information

Reason for update

Acronym
ESJMWMAWOSMPRFAC

IRCT registration information
IRCT registration number: **IRCT20200316046796N1**
Registration date: **2020-07-30, 1399/05/09**
Registration timing: **prospective**

Last update: **2020-07-30, 1399/05/09**
Update count: **0**

Registration date
2020-07-30, 1399/05/09

Registrant information

Name
Safa Khalid
Name of organization / entity
Riphah International University Lahore Campus
Country
Pakistan
Phone
+92 48 3254512
Email address
khalid.safa93@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2020-08-01, 1399/05/11

Expected recruitment end date
2020-11-01, 1399/08/11

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effects Of Shoulder Joint Mobilization With Movement With And Without Scapular Mobilization On Pain,Range Of Motion And Function In Adhesive Capsulitis.

Public title
Effects Of Shoulder Joint Mobilization With Movement With And Without Scapular Mobilization On Pain,Range Of Motion And Function In Adhesive Capsulitis.

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Age 40-65 yrs with complaint of shoulder pain for last 3 months. both genders. NPRS score ≤ 6 screened written informed consent. Diabetes and hypertension. unilateral shoulder must have not move more then 90 degrees of abduction and 50% decreased external rotation as compared to normal side/normal ROMS values.

Exclusion criteria:
inflammatory pathologies such as rotator cuff tendinitis,rheumatoid arthritis. trauma. shoulder surgeries,malignancy. neurological disorders of upper extremity. cervical or thoracic problem having cervical rib. intra articular injection in glenohumeral joint during last 03 months.

Age
From **40 years** old to **65 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Participant
- Outcome assessor

Sample size
Target sample size: **38**

Randomization (investigator's opinion)
Randomized

Randomization description
Written informed consent will be taken and list will be formed by Computer Generated Random Number Table method by using Epitool Calculator.

Blinding (investigator's opinion)
Double blinded

Blinding description
Double Blinded:Participants and Outcome Assessor (Physicians,Nurses,Physiotherapist etc) will be blinded.Data safety will be ensured by assigning Specific Identity numbers and all consent reading forms will be placed in locker to blind the Outcome Assessor.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Secretary Ethical Review Committee, Riphah College Of Rehabilitation And Allied Health Sciences

Street address
28-M Quaid-e-Azam Industrial Estate,Kot Lakhpat,Lahore

City
Lahore

Postal code
54000

Approval date
2020-02-08, 1398/11/19

Ethics committee reference number
REC/RCRS/20/1037

Health conditions studied

1

Description of health condition studied
Adhesive Capsulitis

ICD-10 code
M75.00

ICD-10 code description
Adhesive capsulitis of unspecified shoulder

Primary outcomes

1

Description
Pain

Timepoint
Before start of intervention and at the end of 3 weeks of intervention.

Method of measurement
Numeric Pain Rating Scale (NPRS).

2

Description
Range Of Motion.

Timepoint
Before start of intervention and at the end of 3 weeks of intervention.

Method of measurement
Universal Goniometer.

Secondary outcomes

1

Description
Functional Disability of Shoulder.

Timepoint
Before start of intervention and at the end of 3 weeks of

intervention.

Method of measurement

Shoulder Pain And Disability Index (SPADI).

Intervention groups

1

Description

Intervention group:Shoulder Joint Mobilization With Movement three sets of 10 Repetitions will be applied .This Group will receive total 6 sessions of interventions (2 sessions/week) in 3 weeks.

Category

Treatment - Other

2

Description

Intervention group:Shoulder Joint Mobilization With Movement With Scapular Mobilization three sets of 10 Repetitions will be applied This group will receive total 6 sessions of interventions (2 sessions/week) in 3 weeks and this group in addition also will receive 10 sets of scapular mobilizations as well.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

DHQ TEACHING HOSPITAL SARGODHA

Full name of responsible person

Safa Khalid

Street address

DHQ Teaching Hospital Sargodha Khushab Road، Sargodha, Punjab

City

Sargodha

Postal code

40100

Phone

+92 48 3254512

Email

khalid.safa93@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Riphah International University

Full name of responsible person

Muhammad Salman Bashir

Street address

28-M Quaid-e-Azam Industrial Estate,Kot Lakhpat,Lahore

City

Lahore

Postal code

54000

Phone

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Email

chistisalman@yahoo.com

Grant name

Educational

Grant code / Reference number

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

Yes

Title of funding source

Riphah International University

Proportion provided by this source

20

Public or private sector

Private

Domestic or foreign origin

Foreign

Category of foreign source of funding

Sponsor: country of origin

Country of origin

PK

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Riphah International University

Full name of responsible person

Muhammad Salman Bashir

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Physiotherapy

Street address

28-M Quaid-e-Azam Industrial Estate,Kot Lakhpat,Lahore

City

Lahore

Province

Punjab

Postal code

54000

Phone

+92 42 35126110

Email

chistisalman@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Riphah International University

Full name of responsible person

Muhammad Salman Bashir

Position
Associate professor

Latest degree
Ph.D.

Other areas of specialty/work
Physiotherapy

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Person responsible for updating data

Contact

Name of organization / entity
Riphah International University

Full name of responsible person
Safa Khalid

Position
Student

Latest degree
Master

Other areas of specialty/work
Physiotherapy

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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