Clinical Trial Protocol
Iranian Registry of Clinical Trials

06 Jul 2026

Comparative study of the effect of kinesiotype and corrective movements on pain and shoulder function in impingement syndrome of shoulder

Protocol summary

Study aim

Determining and comparing the effect of kinesiotype and corrective movements on pain and shoulder function in impingement syndrome of shoulder

Design

The clinical trial has a control group, with parallel groups, single-blind, randomized, phase 3-2 on 50 patients, which will use random allocation software for randomization.

Settings and conduct

A single-blind clinical trial study will be performed to evaluate the effect of two methods of kinesiotype and corrective movements on shoulder pain and function in 50 patients with shoulder impingement syndrome referred to physical medicine clinics affiliated to Isfahan University of Medical Sciences in 2020.

Participants/Inclusion and exclusion criteria

Inclusion criteria include patients diagnosed with impingement syndrome of shoulder. Exclusion criteria include history of dislocation and traumatic injury and history of surgery on the shoulder joint, rotator cuff muscle rupture, shoulder joint instability, neurological problems of the neck, history of shoulder injection or shoulder or neck physiotherapy in the last six months, history of neurological diseases, the presence of any skin disease around the shoulder and scapula.

Intervention groups

For all patients, the required medication will be prescribed by a doctor. In addition, sports intervention will be prescribed for both groups in accordance with sports instructions to increase range of motion. Patients in the control group do not receive any other intervention, but for patients in the intervention group, in addition to medication and exercise, the kinesiotype tape will be used once a week during four weeks.

Main outcome variables

Shoulder pain, shoulder function

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200825048515N3**
Registration date: **2020-09-21, 1399/06/31**
Registration timing: **prospective**

Last update: **2020-09-21, 1399/06/31**
Update count: **0**

Registration date

2020-09-21, 1399/06/31

Registrant information

Name
Asieh Maghami Mehr
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 31 0000 0000
Email address
asimaghami@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-10-22, 1399/08/01

Expected recruitment end date

2021-03-21, 1400/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparative study of the effect of kinesiotype and corrective movements on pain and shoulder function in impingement syndrome of shoulder

Public title
The effect of kinesiotype and corrective movements on pain and shoulder function in impingement syndrome of shoulder
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Age over 18 years Diagnosis of impingement syndrome of shoulder by a physical therapist Satisfaction to participate in the study
Exclusion criteria:
1. History of dislocation and traumatic injury and history of surgery on the shoulder joint Deformity of the scapula and hunched back with the diagnosis of a physician specializing in physical medicine Rotator cuff muscle rupture Shoulder joint instability Neurological problems of the neck, such as neck radiculopathy Rheumatic diseases and destructive changes in the joints History of shoulder injection or shoulder or neck physiotherapy in the last six months by reviewing the patient's medical record History of neurological diseases such as stroke, multiple sclerosis The presence of any skin disease around the shoulder and scapula
Age
From **18 years** old
Gender
Both

Phase
2-3
Groups that have been masked

- Outcome assessor
- Data analyser

Sample size
Target sample size: **50**
Randomization (investigator's opinion)
Randomized
Randomization description
First, eligible patients will be selected using non-probability consecutive.Then, all patients are coded using computer randomization method using random allocation software and the codes will be randomly assigned to the intervention and control groups according to the order.
Blinding (investigator's opinion)
Single blinded
Blinding description
Given that the two methods of intervention are different, the researcher and the patient are aware of the two groups, but the person evaluating the patient's outcomes and the data analyst will not know the type of intervention.
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Isfahan University of Medical Sciences
Street address
Hezar Jarib Ave, Azadi Square.
City
Isfaha
Province
Isfehan
Postal code
8174673461
Approval date
2019-12-08, 1398/09/17
Ethics committee reference number
IR.MUI.MED.REC.1399.374

Health conditions studied

1

Description of health condition studied
Impingement syndrome of shoulder
ICD-10 code
M75.4
ICD-10 code description
Impingement syndrome of shoulder

Primary outcomes

1

Description
Shoulder pain
Timepoint
Before and three weeks after the intervention
Method of measurement
Visual analog scale(VAS)

2

Description
Shoulder function
Timepoint
Before and three weeks after the intervention
Method of measurement
By criteria Disabilities of the Arm, Shoulder and Hand (DASH)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: For all patients, meloxicam 15 mg tablets daily, as well as baclofen tablets, half a tablet on the first night and on the following nights, one tablet every night will be recommended, which will be used for 3 weeks. Exercise intervention will also prescribe exercises for increasing range of motion three times a day for both groups and five times each time following the exercise instructions. This exercise may be unique to each patient depending on the patient's condition and the amount of pain. For patients in the intervention group, in addition to medication and exercise, the kinesiotype tape will be used once a week during four weeks.

Category
Treatment - Other

2

Description
Control group: For all patients, meloxicam 15 mg tablets daily, as well as baclofen tablets, half a tablet on the first night and on the following nights, one tablet every night will be recommended, which will be used for 3 weeks. Exercise intervention will also prescribe exercises for increasing range of motion three times a day for both groups and five times each time following the exercise instructions. This exercise may be unique to each patient depending on the patient's condition and the amount of pain. Patients in the control group do not receive any other intervention.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Physical medicine clinics affiliated to Isfahan University of Medical Sciences

Full name of responsible person
Parisa Taheri

Street address
Office of Physical Medicine, Al-Zahra Hospital, Sefeh St., Isfahan

City
Isfahan

Province
Isfehan

Postal code
8174675731

Phone
+98 31 3668 5555

Fax

Email
Prs_taheri@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Esfahan University of Medical Sciences

Full name of responsible person
Shaghayegh Haghjoo Javanmard

Street address
Vice Chancellor for Research, School of Medicine, Hezar Jarib Street, Isfahan.

City
Isfahan

Province
Isfehan

Postal code
8174673461

Phone
+98 31 3668 8597

Email
dean@med.mui.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
No

Title of funding source
Isfahan 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
Esfahan University of Medical Sciences

Full name of responsible person
Parisa Taheri

Position
Assistant Professor

Latest degree
Specialist

Other areas of specialty/work
Physical Medicine

Street address
Office of Physical Medicine, Al-Zahra Hospital, Sefeh St., Isfahan

City
Isfahan

Province
Isfehan

Postal code

8174675731

Phone
+98 31 3668 5555

Email
Prs_taheri@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Esfahan University of Medical Sciences

Full name of responsible person
Parisa Taheri

Position
Assistant Professor

Latest degree
Specialist

Other areas of specialty/work
Physical Medicine

Street address
Office of Physical Medicine, Al-Zahra Hospital, Sefeh St., Isfahan

City
Isfahan

Province
Isfehan

Postal code
8174675731

Phone
+98 31 3668 5555

Email
Prs_taheri@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity
Esfahan University of Medical Sciences

Full name of responsible person
Zahra Shirani

Position
Resident

Latest degree
Medical doctor

Other areas of specialty/work
Medical Physics

Street address
Ayatollah Khademi St., Foroughi St.

City
Isfahan

Province
Isfehan

Postal code
8179969220

Phone
+98 31 3668 3255

Email
zahrashirani278@gmail.com

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
There is no further information

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