Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effects of stretching and strengthening exercises with and without manual therapy on scapular range of motion, function and pain in individuals with shoulder impingement.

Protocol summary

Study aim

The purpose of this research is to to evaluate the effects of stretching and strengthening exercises with and without manual therapy on scapular range of motion, function and pain on individuals with shoulder impingement syndrome.

Design

Randomized, superiority,parallel group trail with blinded outcome assessment. Randomization was centralized and computerized with concealed randomization sequence carried out an externa site.

Settings and conduct

participants, healthcare providers (Physicians, nurses, etc.) who care for participants during the trial, data collectors, outcome assessors, and with lessor importance Data Safety and Monitoring Board and manuscript writers

Participants/Inclusion and exclusion criteria

INCLUSION CRITERIA Patients of 25-50 years Both male and female participants will be included. Participants with history of non-traumatic onset of shoulder pain Positive painful arc during active elevation of arm 1 or more positive SIS tests (Hawkins-Kennedy, jobe, Neer) or Participants having pain during passive or isometric resisted external rotation of the arm at 90 degree of abduction. Pain with palpation of rotator cuff tendons. On visual Examination 150 degree of arm elevation as determined Exclusion Criteria: History of clavicle, humerus or scapular fracture and rotator cuff surgery Numbness or tingling of the upper limb that is reproduced by cervical compression test; A positive sulcus or apprehension test A positive drop arm test A systematic illness A corticosteroid injection within 3 months prior to intervention Physical therapy within 6 months prior to intervention

Intervention groups

Group A : Exercise with manual therapy group Group B: Exercise group alone

Main outcome variables

Quick Dash Questionnaire Numeric Pain rating scale Goniometer

General information

Reason for update

Acronym

stretching and strengthening exercises with and without manual therapy comparison shoulder impingement

IRCT registration information

IRCT registration number: **IRCT20210205050249N1**
Registration date: **2021-02-07, 1399/11/19**
Registration timing: **registered_while_recruiting**

Last update: **2021-02-07, 1399/11/19**
Update count: **0**

Registration date

2021-02-07, 1399/11/19

Registrant information

Name
Sana Tauqeer
Name of organization / entity
Kanaan Physiotherapy and Spine Clinic
Country
Pakistan
Phone
+92 42 35470418
Email address
360physioclinic1@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-01-03, 1399/10/14

Expected recruitment end date
2021-06-03, 1400/03/13
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Effects of stretching and strengthening exercises with and without manual therapy on scapular range of motion, function and pain in individuals with shoulder impingement.

Public title
Effects of stretching and strengthening exercises with and without manual therapy on scapular range of motion, function and pain in individuals with shoulder impingement.
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Participants with history of non-traumatic onset of shoulder pain Participants havig.Positive painful arc during active elevation of arm,1 or more positive SIS tests (Hawkins-Kennedy, jobe, Neer) or Participants having pain during passive or isometric resisted external rotation of the arm at 90 degree of abduction or Pain with palpation of rotator cuff tendons. On visual Examination 150 degree of arm elevation as determined
Exclusion criteria:
•History of clavicle, humerus or scapular fracture and rotator cuff surgery• Numbness or tingling of the upper limb that is reproduced by cervical compression test;• A positive sulcus or apprehension test• A positive drop arm test• A systematic illness
Age
From **25 years** old to **50 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Outcome assessor

Sample size
Target sample size: **32**
Randomization (investigator's opinion)
Randomized
Randomization description
Patients will be randomly allocated in two groups by lottery method. Individuals will randomly assigned to 1of 2 groups. Those treated exclusively with exercises and those treated exclusively with the same exercises supplemented with manual therapy.
Blinding (investigator's opinion)
Single blinded
Blinding description
Participant Blind: Data safety will be ensured by giving specific safety numbers
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
2020-03-27, 1399/01/08
Ethics committee reference number
REC/RCRS/20/1059

Health conditions studied

1

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

Primary outcomes

1

Description
Pain
Timepoint
Before intervention and weeks after intervention
Method of measurement
Numeric Pain Rating Scale

2

Description
Function
Timepoint
Before intervention and 4 weeks after intervention
Method of measurement
quick Dash

3

Description
Scapular Range of Motion
Timepoint
Before Intervention and 4 weeks after intervention
Method of measurement
Goniometer

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Stretching and strengthening exercises with manual therapy
Category
Treatment - Other

2

Description
Intervention group: Stretching and Strengthening Exercises without manual therapy
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Kanaan Physiotherapy and spine Clinic
Full name of responsible person
Dr. Naveed Anwar
Street address
Kanaan Physiotherapy & Spine Clinic Shahrah-e-Aiwan-e-tijarat, Lahore
City
Lahore
Postal code
54000
Phone
Email
kanaanclinic@yahoo.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Riphah International University Lahore, Pakistan.
Full name of responsible person
Dr. Naveed Anwar
Street address
28-M, Quaid-e-Azam Industrial Estate, Kot Lakhpat, Lahore
City
Lahore
Postal code
54000
Phone
+92 42 35126110
Email
naveed.anwer@riphah.edu.pk
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Riphah International University Lahore, Pakistan.
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 Lahore, Pakistan.
Full name of responsible person
Dr. Naveed Anwar
Position
Assistant 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
naveed.anwer@riphah.edu.pk

Person responsible for scientific inquiries

Contact
Name of organization / entity
Riphah International University Lahore, Pakistan.

Full name of responsible person
Dr. Naveed Anwar
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
naveed.anwer@riphah.edu.pk

Person responsible for updating data

Contact
Name of organization / entity
Riphah International University Lahore, Pakistan.
Full name of responsible person
Sana Tauqeer
Position
Student
Latest degree
Bachelor
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
360physioclinic1@gmail.com

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