

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

The effect of exercise therapy on pain and disability at shoulder impingement syndrome

Protocol summary

Study aim

Determination of exercise therapy on improvement of shoulder pain due to impingement syndrome

Design

The clinical trial had a control group, with parallel, double-blind, randomized. For randomization, random number table was used. 30 patients were included in the study and were followed up for 6 months.

Settings and conduct

This study will be conducted in datgheib Yasae Pain Clinic in Fasa, patients under 18 and over 85 years old and patients who are not satisfied with participation in the study will be excluded and patients are unaware of the outcomes and according to ODI patients announce their pain improvement rate.

Participants/Inclusion and exclusion criteria

Athlete males ages 18 to 45, unilateral pain of acromions more than one week, pain during flexion and extension against resistance, positive Neer test, Hawkins and Supraspinatus Empty Can test, tenderness in Tuberosity Humorous. Exclusion criteria were: systemic diseases, neck pain during rest and pain during active movement of the neck, reversal of shoulder symptoms during active shoulder movements, history of pain or treatment of the neck in the past 12 months, history of vertebral and upper extremity surgery, fracture in the spine or upper extremity of the shoulder joint, positive sulcus sign, shift test, Active Compression Labral tests.

Intervention groups

In this study, the effect of exercise on shoulder pain due to shoulder impingement syndrome will be investigated. Including two groups, the first group will receive only medicine and the second group will receive medicine and exercise.

Main outcome variables

Age, sex, underlying disease, primary disability, patient satisfaction

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220302054169N1**

Registration date: **2022-07-26, 1401/05/04**

Registration timing: **registered_while_recruiting**

Last update: **2022-07-26, 1401/05/04**

Update count: **0**

Registration date

2022-07-26, 1401/05/04

Registrant information

Name

Zahra Sadeghi mazidi

Name of organization / entity

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-07-25, 1401/05/03

Expected recruitment end date

2023-01-23, 1401/11/03

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of exercise therapy on pain and disability at shoulder impingement syndrome

Public title

Exercise therapy in impingement syndrome

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Unilateral acromial pain for more than one week Pain when flexion and abduction against resistance Neer, Hawkins, and Supraspinatous Empty Can be positive Tenderness of tuberosity of humerus

Exclusion criteria:

Systemic disease Neck pain at rest and active motion History of pain or treatment of neck at 12 months ago History of upper extremities and vertebra Sulcus sign, shift test. Active Compression Labral were positive

Age

From **18 years** old to **85 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

In this study, the simple randomization method, Randomization Unit: Individual, and the randomization tool: random number tables have been used which Odd numbers were placed in the exercise group and even numbers were placed in the drug group.

Blinding (investigator's opinion)

Single blinded

Blinding description

Participates were explained that was entered at this study and receive exercise therapy

Placebo

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

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

Ethics committee of Fasa University of Medical Sciences

Street address

Ibn Sina Square

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Province

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Postal code

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Approval date

2021-12-05, 1400/09/14

Ethics committee reference number

IR.FUMS.REC.1400.100

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 score in Oswestry Disability Index questionnaire

Timepoint

Evaluation of pain improvement 6 weeks after exercise

Method of measurement

Oswestry Disability Index Questionnaire

Secondary outcomes**1****Description**

Patient Satisfaction Score (from 1 to 5)

Timepoint

Pain score after 6 weeks of exercise

Method of measurement

The patients was asked to rate their satisfaction with exercise from 1 to 5

Intervention groups**1****Description**

Intervention group: 15 patients with shoulder pain were exercises such as passive extension-mid deltoid stretch and were asked to perform 3 times a day for at least 10 minutes each time for 6 weeks.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Dastgheib Yasaee pain clinic in fasa
Full name of responsible person
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Sponsors / Funding sources

1

Sponsor

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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
fasa university of medical science
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
Other

Person responsible for general inquiries

Contact

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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

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Only a part of the data, such as the information related to the main result or the like, can be shared.

When the data will become available and for how long

The access period starts 6 months after the results are published

To whom data/document is available

Academic and scientific institutions

Under which criteria data/document could be used

The use of data can be used for supplementary work and research expansion

From where data/document is obtainable

Zahra Sadeghi Mazidi 09037253473

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

It does not need any details. The applicant can access the information after contacting Zahra Sadeghi

Comments