

# 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

##### Country

Iran (Islamic Republic of)

##### Phone

+98 71 5333 9963

##### Email address

z.sadeghi@fums.ac.ir

##### 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

**City**

Fasa

**Province**

Fars

**Postal code**

۷۴۶۱۶۸۶۶۸۸

**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**  
Salman Vejdani  
**Street address**  
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### Sponsors / Funding sources

## 1

### Sponsor

**Name of organization / entity**  
Fasa University of Medical Sciences  
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**Web page address**  
<https://fums.ac.ir/>  
**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

**Name of organization / entity**  
Fasa University of Medical Sciences  
**Full name of responsible person**  
Zahra Sadeghi Mazidi  
**Position**  
Intern  
**Latest degree**  
Medical doctor  
**Other areas of specialty/work**  
General Practitioner  
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No. 73, Molavi Ave., Shahrak parvaz., FasaTown  
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### Person responsible for scientific inquiries

#### Contact

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### Person responsible for updating data

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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**