Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparative Effects of Scapulothoracic Joint Mobilization and Acromioclavicular Joint Mobilization In Patients With Adhesive Capsulitis

Protocol summary

Study aim
The aim of study is to compare the effects of scapulothoracic joint mobilization and acromioclavicular joint mobilization on pain among adhesive capsulitis patients.

Design
Quasi-Experimental research design, where participants with unilateral adhesive capsulitis was divided into 2 groups and both groups received the group wise interventions. Non-probability Purposive Sampling was used to recruit participants for study which was allocated to groups using computer generated number by random allocation.

Settings and conduct
This study will be conducted at physiotherapy departments of Allied Hospital and DHQ Hospital Faisalabad

Participants/Inclusion and exclusion criteria
Inclusion criteria: Male and female participants of age between 40-60 years old; Participants having idiopathic Adhesive capsulitis (phase I & II); Participants with a complain of pain score of minimum 3 or more on NPRS and minimum 30 percent disability scores on SPADI questionnaire. Exclusion criteria: Patients suffering with shoulder pain from a severe trauma; Participants with rotator cuff pathologies, calcification tendinitis; Participants with history of osteoarthritis.Any inflammatory or infective diseases, skin disorders, Patients having cardiac issues.

Intervention groups
Intervention group 1; Acromioclavicular joint mobilization was performed three times per week for four weeks, for a total of 12 sessions. Acromioclavicular joint mobilization and baseline treatment was take 40 minutes in total Intervention group 2; Scapulothoracic mobilization was performed three times per week for four weeks, for a total of 12 sessions. Scapulothoracic mobilization and baseline treatment was take 40 minutes in total.

Main outcome variables
Range Of Motion (ROM); Shoulder Pain

General information

Reason for update
Acronym
none
IRCT registration information
IRCT registration number: **IRCT20220513054835N1**
Registration date: **2022-08-18, 1401/05/27**
Registration timing: **retrospective**

Last update: **2022-08-18, 1401/05/27**
Update count: **0**
Registration date
2022-08-18, 1401/05/27

Registrant information
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2022-05-01, 1401/02/11
Expected recruitment end date
2022-07-01, 1401/04/10
Actual recruitment start date
empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Comparative Effects of Scapulothoracic Joint Mobilization and Acromioclavicular Joint Mobilization In Patients With Adhesive Capsulitis

Public title
Effect of Scapulothoracic Joint Mobilization and Acromioclavicular Joint Mobilization In Patients With Adhesive Capsulitis
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Male and female participants of age between 40-60 years old Participants having idiopathic Adhesive capsulitis (phase I & II) Participants with limitations in shoulder lateral rotation (<45 degrees), abduction (<80 degrees) and medial rotation (<70 degrees) Participants with a complain of pain score of minimum 3 or more on NPRS and minimum 30 percent disability scores on SPADI questionnaire
Exclusion criteria:
Patients suffering from shoulder pain due to a severe trauma Participants with rotator cuff pathologies, calcification tendinitis Participants with history of osteoarthritis, malignancies of the shoulder region Participants with neurological disorders Congenital disorders such as winging of scapula Participants with a history of upper limb or spinal fracture Patients having cardiac issues, or having radiating pain going towards the affected shoulder Participants having multiple fractures of the shoulder
Age
From **40 years** old to **60 years** old
Gender
Both

Phase
2-3
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
Not randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethical committee of Faisal Institute of Health Sciences Faisalabad
Street address
673-A Lower Canal Rd E, Block A People's Colony No 1, Faisalabad, Punjab
City
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Postal code
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Approval date
2022-03-25, 1401/01/05
Ethics committee reference number
DR/MSPP

Health conditions studied

1

Description of health condition studied
Frozen shoulder also known as adhesive capsulitis (AC) is an inflammatory condition of the glenohumeral joint where there is gradual progressive stiffness, loss of external rotation with restriction of movement and pain
ICD-10 code
M75.00
ICD-10 code description
Adhesive capsulitis of unspecified shoulder

Primary outcomes

1

Description
Shoulder Pain
Timepoint
3 timepoints including baseline, after 2nd week and 4th week.
Method of measurement
Numerical Pain Rating Scale (NPRS) to measure pain

2

Description
Shoulder Range of Motion (Flexion, Lateral rotation, Medial rotation and Abduction) will be measured by means of universal goniometer.
Timepoint
3 timepoints including baseline, after 2nd week and 4th week.
Method of measurement
Goniometer is used to measure the ROM

Secondary outcomes

1

Description
Shoulder Functional Disability
Timepoint
3 timepoints including baseline, after 2nd week and 4th week
Method of measurement
Shoulder Pain and Disability Index Scale (SPADI) is used to measure shoulder pain and disability

Intervention groups

1

Description
Intervention group A: After the baseline treatment, group specific treatment was given.Starting position of the patient was in sitting position and acromioclavicular joint was in resting position. Patient's scapula was fixed by gripping the acromion process from the ventral side and the spine of scapula from the dorsal side. Clavicle was gripped with the finger just proximal to joint space. Clavicle was pressed in a ventral direction to apply a grade 2 and 3 ventral glide movement. When testing use your right index finger to palpate in the joint space.Acromioclavicular joint mobilization was performed three times per week for four weeks, for a total of 12 sessions Acromioclavicular joint mobilization and baseline treatment was take 40 minutes in total.
Category
Rehabilitation

2

Description
Intervention group B: After the baseline treatment, group specific treatment was given.Starting position the patient was prone. Scapula was in resting position. Stable hand (left) was fixate the patient's scapula by placing our hand around the inferior angle of scapula. While with the right hand we'll grip the patient's scapula from ventral side. Scapula was lifted in a dorsal-medial-caudal direction to apply a grade 3 caudal glide joint play movement. Scapulothoracic mobilization was performed three times per week for four weeks, for a total of 12 sessions Scapulothoracic mobilization and baseline treatment was take 40 minutes in total.
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Allied Hospital Faisalabad
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
Self Financed
Proportion provided by this source
100
Public or private sector
Private
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

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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
Not applicable
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable