

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Comparative effects of Gongs mobilization and Maitland mobilization on pain, range of motion and functional status in frozen shoulder

Protocol summary

Study aim

To compare the effects of Gongs Mobilization and Maitland Mobilization on pain, shoulder range of motion (ROM) and shoulder function in patients with frozen shoulder.

Design

Single Blinded Randomized Control Trial

Settings and conduct

Main Medical DayCare Center Clinic Lahore, Mid City Hospital Lahore, Omar hospital Lahore.

Participants/Inclusion and exclusion criteria

Inclusion Criteria • Individuals voluntarily wanting to sign consent form • Both genders • Age group between 40-60 • Individuals diagnosed with adhesive capsulitis • Individual with restricted capsular pattern of shoulder joint (flexion, external rotation, abduction, and internal rotation) Exclusion Criteria Participants were not included in this research if they had anyone of the following symptoms: • Systemic disorder. • Acute inflammation around the shoulder joint • Neurological ailments • Recent fracture around the shoulder girdle • Shoulder displacement • Skin problem • Surgery around the shoulder joint

Intervention groups

Group 1 received Gongs Mobilization technique and group 2 received Maitland Mobilization. Baseline treatment of moist hot pack from hydro collarator at 55 degrees was provided to both groups for 10 minutes on the affected shoulder. Treatment was provided for 5 sessions on consecutive week days for 2 weeks.

Main outcome variables

Visual Analogue Scale, Universal Goniometer, • Shoulder Pain and Disability Index

General information

Reason for update

Acronym

AC

IRCT registration information

IRCT registration number: **IRCT20220519054922N1**

Registration date: **2022-06-29, 1401/04/08**

Registration timing: **retrospective**

Last update: **2022-06-29, 1401/04/08**

Update count: **0**

Registration date

2022-06-29, 1401/04/08

Registrant information

Name

Sadia Nawaz

Name of organization / entity

The university of faisalabad

Country

Pakistan

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+92 315 7595474

Email address

dpt-fa13-045@tuf.edu.pk

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-04-01, 1401/01/12

Expected recruitment end date

2022-05-10, 1401/02/20

Actual recruitment start date

2022-04-10, 1401/01/21

Actual recruitment end date

2022-05-16, 1401/02/26

Trial completion date

2022-05-16, 1401/02/26

Scientific title

Comparative effects of Gongs mobilization and Maitland mobilization on pain, range of motion and functional status in frozen shoulder

Public title

Comparative effects of Gongs mobilization and Maitland mobilization in frozen shoulder

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

• Individuals voluntarily wanting to sign consent form • Both genders • Age group between 40-60 • Individuals diagnosed with adhesive capsulitis • Individual with restricted capsular pattern of shoulder joint (flexion, external rotation, abduction, and internal rotation)

Exclusion criteria:

Systemic disorder Acute inflammation around the shoulder joint Neurological ailments Recent fracture around the shoulder girdle Shoulder displacement Skin problem Surgery around the shoulder joint

Age

From **40 years** old to **60 years** old

Gender

Both

Phase

3

Groups that have been masked

- Participant

Sample size

Target sample size: **36**

Actual sample size reached: **36**

Randomization (investigator's opinion)

Randomized

Randomization description

Convenient sampling was utilized to collect sample and the sample was randomly allocated to treatment groups A and B by using an online randomization generator. Computer-generated randomized sheet was used to divide patients into 2 equal groups.

Blinding (investigator's opinion)

Single blinded

Blinding description

Patients will be kept blind through allocation concealment to the treatment group. Patients will be unaware of their respective group treatment plans.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethical Committee of The University of Faisalabad

Street address

Sargodha Road, Faisalabad, Punjab, Pakistan

City

Faisalabad

Postal code

38000

Approval date

2022-04-07, 1401/01/18

Ethics committee reference number

TUF/DR/MSPP/318

Health conditions studied

1

Description of health condition studied

Frozen shoulder, also known as adhesive capsulitis, is a condition characterized by stiffness and pain in your shoulder joint

ICD-10 code

M75.0

ICD-10 code description

Adhesive capsulitis of shoulder

Primary outcomes

1

Description

The VAS was used to rate the severity of pain of patients.

Timepoint

3 timepoints including Baseline, 1st week post treatment and 2nd week post treatment

Method of measurement

Visual Analogue Scale (VAS) was utilized for estimating shoulder pain.

2

Description

Universal Goniometer to measure shoulder ROM demonstrated excellent reliability in measuring active shoulder ROM of external rotation, abduction, and internal rotation.

Timepoint

3 timepoints including Baseline, 1st week post treatment and 2nd week post treatment

Method of measurement

Universal Goniometer was used to measure shoulder ROM.

Secondary outcomes

1

Description

Shoulder pain and disability questionnaire (SPADI) was used to measure shoulder function disability..

Timepoint

3 timepoints including Baseline, 1st week post treatment and 2nd week post treatment

Method of measurement

Shoulder pain and disability index (SPADI) was used to

measure shoulder function disability.

Intervention groups

1

Description

Intervention group: Baseline treatment of moist hot pack from hydro collator at 55 degrees was provided to both groups for 10 minutes on affected shoulder. Treatment was provided for 5 sessions on consecutive week days for 2 weeks. Group 1 received Gong's mobilization. Gong's Mobilization was performed on patient in side lying position having the problematic side facing upward on adjustable height couch. Support was provided to patient's head with the help of pillow. The therapist pushed the problematic side of scapula with one hand from posterior to anterior direction and with the other hand pushed the head of humerus in anterior to posterior direction for correction of pushed out humeral head. The shoulder was abducted in the pain free range. Therapist added up acceleration and applied pressure on head of humerus with 90 degree abduction to end range of shoulder joint. Gong's mobilization technique was performed for 3 sets with each set comprising of 10 to 15 repetitions. Rest for one minute was given between each set.

Category

Rehabilitation

2

Description

Intervention group: Baseline treatment of moist hot pack from hydro collator at 55 degrees was provided to both groups for 10 minutes on affected shoulder. Treatment was provided for 5 sessions on consecutive week days for 2 weeks. Group 2 received Maitland mobilization. Anterior to posterior oscillation of grade III was applied on the patient and was given for 30 seconds with 2-3 glides per second. 10 second rest was given after each 30 seconds and the set was repeated for 5 times (24).

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Mian Medical DayCare Centre

Full name of responsible person

Dr. Mian Sajid Nisar

Street address

127 Habitat Flats, Shadman-II, Lahore

City

Lahore

Postal code

05410

Phone

+92 323 0414137

Email

dr.sajidnasir@gmail.com

Web page address

2

Recruitment center

Name of recruitment center

MidCity Hospital

Full name of responsible person

Hakim Ali

Street address

Jail road lahore

City

Lahore

Postal code

54000

Phone

+92 300 9421630

Email

cardexdiagnostic@gmail.com

Web page address

3

Recruitment center

Name of recruitment center

Omar Hospital

Full name of responsible person

Dr. Nighat Omar

Street address

Jail Road Lahore

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54000

Phone

+92 321 9421630

Email

omarhospital@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Faisalabad

Full name of responsible person

Dr. Sadia Nawaz; PT

Street address

Hujra Road Lalian Near Muhammadi mosque district chiniot

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+92 345 4872564

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dpt-fa13-045@tuf.edu.pk

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**Contact****Name of organization / entity**

The University of Faisalabad

Full name of responsible person

Dr. Sadia Nawaz; PT

Position

Principle Investigator/Student

Latest degree

Medical doctor

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

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Latest degree

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Other areas of specialty/work

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Person responsible for updating data**Contact****Name of organization / entity**

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Full name of responsible person

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Other areas of specialty/work

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Email

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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