

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Comparison of telephysicaltherapy with physicaltherapy in clinic based on exercise therapy and self- release on pain, range of motion, function and satisfaction in patients with subacromial pain syndrome

Protocol summary

Study aim

Comparison of telephysicaltherapy with physicaltherapy in clinic based on exercise therapy and self- release on pain, range of motion, function and satisfaction in patients with subacromial pain syndrome

Design

randomised control trial with blind assessor , parallel group trial , stage3 on 33 patients ,randomisation sequence carried out with writing letters on papers.

Settings and conduct

this investigation is going to be done at rehabilitation school of the university of Tehran . in this single blinde trial the external assessor will assess patients at first and 5th and 10th sessions.

Participants/Inclusion and exclusion criteria

Inclusion criteria: 1:internet accessibility 2:to be literate 3:suffering from subacromial pain syndrome 4:patients have to consent to participate in this study 5:aged between 20-5- years Exclusion criteria: 1:history of shoulder pain less than 3 months 2:history of unsteadiness or dizziness 3:history of falling 4:blurred vision 5:history of new disease or an acute relapse 6:history of recent shoulder surgery

Intervention groups

interventional 1:in this group ,exercise therapies and self-releases with tennis ball for subacromial pain syndrome will be given during 3 weeks . sessions will be held via video calls in smart phones or laptobs. interventional 2:in this group exercise therapies and self-releases with tennis ball for subacromial pain syndrome will be given during 3 weeks . sessions will be held by sending instructional videos in smart phones or laptobs. control :educating exercise therapies and releases will be done by therapist at clinic in order to decrease pain and improve range of motion during 3 weeks .

Main outcome variables

pain - range of motion - satisfaction - changes

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220622055252N1**

Registration date: **2022-12-29, 1401/10/08**

Registration timing: **registered_while_recruiting**

Last update: **2022-12-29, 1401/10/08**

Update count: **0**

Registration date

2022-12-29, 1401/10/08

Registrant information

Name

Fatemeh Ehteshami

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 3436 9369

Email address

fateme.ehteshami94@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-12-22, 1401/10/01

Expected recruitment end date

2023-04-04, 1402/01/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of telephysicaltherapy with physicaltherapy in clinic based on exercise therapy and self- release on pain, range of motion, function and satisfaction in patients with subacromial pain syndrome

Public title

comparison of telephysicaltherapy with in-clinic physical therapy

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

internet accessibilty to be literate suffering from subacromial pain syndrome patients have to consent to participate in this study aged between 20-50 years

Exclusion criteria:

history of shoulder pain less than 3 months history of unsteadiness and dizziness history of falling blurred vision history of new disease or an acute relapse history recent shoulder surgery

Age

From **20 years** old to **50 years** old

Gender

Both

Phase

3

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **33**

Randomization (investigator's opinion)

Randomized

Randomization description

randomisation will be done by putting separate papers in a bag with A , B ,C letters are written on them . a volunteer who pick A paper enter in the first intereventional group . then who pick B letter will be categorized in second interventional group. at last who pick C letter will be in control group.

Blinding (investigator's opinion)

Single blinded

Blinding description

his single-blinded study has been blinded at the level of the assessor to conceal treatment group identity after randomization. the assessor is also a physical therapist and will do the assessments at the 1st, 5th, and 10th sessions. We will request from the assessor colleagues to not ask patients about their intervention group and patients not reveal their treatment plan.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

ethics committee of Tehran University of Medical Science

Street address

room 605,Secretariat of the Ethics Committee in Biomedical Research of the University, Research and Technology Vice-Chancellor, Central Organization of the University, 6th Floor, Keshavarz Blvd., Quds St

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Province

Tehran

Postal code

65111-11489

Approval date

2022-05-02, 1401/02/12

Ethics committee reference number

IR.TUMS.FNM.REC.1401.015

Health conditions studied

1

Description of health condition studied

Shoulder subacromial pain syndrome

ICD-10 code

M75.40

ICD-10 code description

Impingement syndrome of unspecified shoulder

Primary outcomes

1

Description

measuring percentage of telehealth patient satisfaction

Timepoint

measuring patient satisfaction after session 5th and 10th in telehealth group

Method of measurement

The modified Telehealth Satisfaction Scale: the purpose for using this questionnaire is to measure the quality of care for patients in the telerehabilitation group. it has many questions to survey how much a patient is satisfied with different aspects of this method for example the ease of use or manner of therapists.

2

Description

measuring patient satisfaction from in-clinic physical therapy care

Timepoint

measuring patient satisfaction after session 5th and 10th in-clinic(conventional)group

Method of measurement

The Patient Satisfaction with Physical Therapy care: it will

be used specifically to measure the quality of care at clinic by therapist .for example investigates different aspects of commuting to rehabilitation center or survey the quality of hands-on treatment.

3

Description

measuring patient pain scale

Timepoint

measurment of patient's pain at the basement(before beginning) , and after 5th and 10th sessions

Method of measurement

The Visual Analogue Scale (VAS)

4

Description

measurment of patient's pain and function

Timepoint

measurment of patient's pain and function at the basement(before beginning) , and after 5th and 10th(last)sessions

Method of measurement

The Shoulder Pain and Disability Index questionnaire(SPADI)

5

Description

measurment of shoulder joint range of motion angle

Timepoint

measurment of patient's shoulder range of motion at the basement(before beginning) , and after 5th and 10th(last)sessions

Method of measurement

Goniometry

6

Description

measuring the rate of patients change after intervention

Timepoint

measuring patient's rate of change after session 5th and 10th sessions

Method of measurement

The Global Rating of Change (GRC):this scale is designed to assess the patient's level of change and wellness after intervention . if a patient marks a number between -1 to -5 indicates worsening of his/her condition. in contrast if someone say a number between +1 to +5 represent getting better.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group 1: this group is going to recieve 2

methods of physical therapy including :exercise therapy(stretching and strengthing exercises) and self-release(treatment of trigger points and painful spots by using a tennis ball) via video call by common applications in smartphones (such as whatsapp or skype) and laptops for 3 weeks . it will be 10 sessions in this approach and patients will have 3 to 4 sessions every week in order to apply them on their own at home.

Category

Rehabilitation

2

Description

Intervention group 2: this group is going to recieve 2 methods of physical therapy including :exercise therapy(stretching and strengthing exercises) and self-release(treatment of trigger points and painful spots by using a tennis ball) via getting educational videos by common applications in smartphones and laptops for 3 weeks . it will be 10 sessions in this approach and patients will have 3 to 4 sessions every week in order to apply them on their own at home.

Category

Rehabilitation

3

Description

Control group: Intervention group 1: this group is going to recieve 2 methods of physical therapy including :exercise therapy and tissue release in physiotherapy clinic by therapist for 3 weeks . it will be 10 sessions in this approach and patients will have 3 to 4 sessions every week.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

physical therapy clinic of school of rehabilitation -
Tehran university of medical science

Full name of responsible person

Fatemeh Ehtesami

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Enghelab st , Shemiran turning

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Tehran University of Medical Sciences

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**

Academic

Person responsible for general inquiries

Contact**Name of organization / entity**

Tehran University of Medical Sciences

Full name of responsible person

Fatemeh Ehteshami

Position

student

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries

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Position

associate professor

Latest degree

Ph.D.

Other areas of specialty/work

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Person responsible for updating data

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Position

student

Latest degree

Bachelor

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

there is no more information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available