Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparison of scapular mobilization with and without scapular recognition exercises on pain, scapular ranges and disability in adhesive capsulitis patients.

Protocol summary

Study aim
Comparison of scapular mobilization with and without scapular recognition exercises on pain, scapular ranges and disability in adhesive capsulitis patients.

Design
Single blinded randomised controlled trial, conducted on 36 patients, equally divided into two groups, single centered study.

Settings and conduct
Riphah International University, Lahore , patient single blinded.

Participants/Inclusion and exclusion criteria
Male and female patients . Patients between the ages of 40 to 60 years old . Patients with shoulder pain that interfered with daily activities . Patients with Numeric pain rating scale score of at least 3 points . Unilateral shoulder adhesive capsulitis . Patients with inability to elevate the arm above 100 degrees in the plane of the scapula . Exclusion criteria Presence of any shoulder condition that is a contraindication for exercising the shoulder joint, such as cancer, active infection, active inflammatory disease, recent dislocations, subluxations, surgery and fractures around the shoulder region z Patients were excluded if they had no signs of scapular dyskinesia . The Scapular Dyskinesia Test (SDT) was performed to confirm the presence of scapular dyskinesia .

Intervention groups
36 patients will be randomly divided into control and experimental groups. The control group will receive routine scapular mobilization while the experimental group will receive spinal recognition exercises along with the scapular mobilization exercises

Main outcome variables
1_Pain Intensity 2_Scapular Ranges 3_Level of Disability

General information

Reason for update
Trial complete

Acronym
RCT

IRCT registration information
IRCT registration number: **IRCT20190717044238N3**
Registration date: **2023-01-24, 1401/11/04**
Registration timing: **prospective**

Last update: **2024-06-05, 1403/03/16**
Update count: **1**

Registration date
2023-01-24, 1401/11/04

Registrant information

Name
Fareeha Amjad

Name of organization / entity
The University of Lahore

Country
Pakistan

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+92 42 99200600

Email address
fari_fairy22@yahoo.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2023-01-28, 1401/11/08

Expected recruitment end date
2023-05-28, 1402/03/07

Actual recruitment start date
2023-01-30, 1401/11/10

Actual recruitment end date

2023-04-07, 1402/01/18

Trial completion date

2023-12-03, 1402/09/12

Scientific title

Comparison of scapular mobilization with and without scapular recognition exercises on pain, scapular ranges and disability in adhesive capsulitis patients.

Public title

Comparison of scapular mobilization with and without scapular recognition exercises on pain, scapular ranges and disability in adhesive capsulitis patients.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Male and female patients Patients between the ages of 40 to 60 years old Patients with shoulder pain that interfered with daily activities Patients with Numeric pain rating scale score of at least 3 points Unilateral shoulder adhesive capsulitis. Patients with inability to elevate the arm above 100 degrees in the plane of the scapula Patients with positive scapular dyskinesia test

Exclusion criteria:

Presence of any shoulder condition that is a contraindication for exercising the shoulder joint, such as cancer, active infection, active inflammatory disease, recent dislocations, subluxations, surgery and fractures around the shoulder region. Patients were excluded if they had no signs of scapular dyskinesia while performing Scapular Dyskinesia Test(SDT)

Age

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

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **36**

Actual sample size reached: **36**

Randomization (investigator's opinion)

Randomized

Randomization description

The subjects were randomly assigned into two groups, A & B with each containing 18 subjects by lottery method.

Blinding (investigator's opinion)

Single blinded

Blinding description

After fulfilling inclusion criteria patients who will participate in the study will be blind.

Placebo

Not used

Assignment

Parallel

Other design features

no

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research ethical committe

Street address

Riphah international university,Lahore

City

Lahore

Postal code

54770

Approval date

2022-03-04, 1400/12/13

Ethics committee reference number

REC/RCR & AHS/22/0162

Health conditions studied

1

Description of health condition studied

Adhesive Capsulitis

ICD-10 code

M75.0

ICD-10 code description

Adhesive capsulitis of shoulder

Primary outcomes

1

Description

Pain Intensity

Timepoint

Before intervention and after 4 weeks of intervention

Method of measurement

Numeric Pain Rating Scale

2

Description

Shoulder range of motion

Timepoint

Before intervention and after 4 weeks of intervention

Method of measurement

Inclinometer

Secondary outcomes

1

Description

level of disability

Timepoint

Before intervention and after 4 weeks of intervention

Method of measurement

SPADI(Shoulder Pain and Disability Index)

Intervention groups

1

Description
Intervention group A: Scapular mobilization with scapular dynamic exercises
Category
Treatment - Other

2

Description
Intervention group B : Scapular mobilization without scapular dynamic exercises
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Riphah international university,Lahore campus
Full name of responsible person
Hadiqa Naeem
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Sponsors / Funding sources

1

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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
Riphah International University
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
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
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Position
Student
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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
All collected identified IPD
When the data will become available and for how long
Data will be available after the completion of study and will remain available till 6 months
To whom data/document is available
Data will be available for other people almost 6 months after the completion of study
Under which criteria data/document could be used
The data/document could be used by communicating with the principle investigator "Hadiqa Naeem" on email address: hadiqa621@gmail.com
From where data/document is obtainable
Hadiqa Naeem,hadiqa621@gmail.com
What processes are involved for a request to access data/document
The data/document could be used by communicating with the principle investigator "Hadiqa Naeem" on institutional email address: hadiqa621@gmail.com
Comments
N/A