

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Comparative Effects of Gong's Mobilization and Mobilization with Movement on Pain, Range of Motion and Functional Disability in Patients with Adhesive Capsulitis

Protocol summary

Study aim

To compare the effects of Gong's Mobilization and Mobilization with Movement on pain, range of motion and functional disability in patients with adhesive capsulitis.

Design

This study will be a Randomized Clinical Trial, parallel-group, triple blinded

Settings and conduct

The trial would be conducted in Allied Hospital Faisalabad. It would be triple blinded, as the patients, assessor and the analyzer would be blinded

Participants/Inclusion and exclusion criteria

INCLUSION CRITERIA • Male & female patients • Age group 40 to 60 years • Subjects clinically diagnosed with grade 2 adhesive capsulitis. • Painful and limited active and passive glenohumeral ROM >25% in a capsular pattern • Pain in the shoulder for at least 3 months.
EXCLUSION CRITERIA • History of surgery on affected shoulder. • History of fracture around shoulder complex. • History of pain or disorders of the cervical spine, elbow, wrist, or hand. • History of any other pathological conditions involving the shoulder History of neurological deficits limiting shoulder during activities of daily living

Intervention groups

Group A will be given Gongs Mobilization along with ultrasonic therapy. Group B will be given Mobilization with Movement technique along with ultrasonic therapy. For common treatment, both the groups will receive Ultrasound with a dosage of 1 MHz in frequency, at continuous mode and 1.5 W/ cm² of intensity for 10 minutes of treatment. Codman Pendulum Exercise will be taught as home plan for both groups as a common treatment. Total intervention protocol will be given for four weeks of duration, 3 sessions per week with total 12 sessions. Outcomes will be assessed at baseline, at the end of 2 week (6th session) and at the end of 4th week (12th session)

Main outcome variables

Pain Disability Range of Motion

General information

Reason for update

Trial Complete

Acronym

IRCT registration information

IRCT registration number: **IRCT20190717044238N4**

Registration date: **2023-03-01, 1401/12/10**

Registration timing: **prospective**

Last update: **2023-08-12, 1402/05/21**

Update count: **1**

Registration date

2023-03-01, 1401/12/10

Registrant information

Name

Fareeha Amjad

Name of organization / entity

The University of Lahore

Country

Pakistan

Phone

+92 42 99200600

Email address

fari_fairy22@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-03-01, 1401/12/10

Expected recruitment end date

2023-03-27, 1402/01/07

Actual recruitment start date

2023-04-03, 1402/01/14
Actual recruitment end date
2023-04-06, 1402/01/17
Trial completion date
2023-07-03, 1402/04/12

Scientific title
Comparative Effects of Gong's Mobilization and Mobilization with Movement on Pain, Range of Motion and Functional Disability in Patients with Adhesive Capsulitis

Public title
Comparative Effects of Gong's Mobilization and Mobilization with Movement on Pain, Range of Motion and Functional Disability in Patients with Adhesive Capsulitis

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Male & female patients Age group 40 to 60 years
Subjects clinically diagnosed with grade 2 adhesive capsulitis Painful and limited active and passive glenohumeral ROM >25% in capsular pattern (limited external rotation then abduction and then flexion Pain in the shoulder for at least 3 months
Exclusion criteria:
History of surgery on effected shoulder. History of fracture around shoulder complex. History of pain or disorders of the cervical spine, elbow, wrist, or hand. History of any other pathological conditions involving the shoulder (rotator cuff tear, tendinitis, etc.) Hawkins-Kennedy test, empty can test will be used to exclude other shoulder conditions. History of neurological deficits limiting shoulder during activities of daily living

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

Gender
Both

Phase
3

Groups that have been masked

- Participant
- Investigator
- Outcome assessor
- Data analyser

Sample size
Target sample size: **60**
Actual sample size reached: **60**

Randomization (investigator's opinion)
Randomized

Randomization description
As per the inclusion and exclusion criteria of the study, patients will be divided into two groups randomly by Random Number Generator table.

Blinding (investigator's opinion)
Triple blinded

Blinding description
The patients taking part in the study would be blinded, they would not be able to know the group they have

been allocated to, either Gongs or Mobilization with Movement, The assessor of the outcomes would be blinded and lastly, our data analyzer would be blinded too, making it a triple blinded clinical trial.

Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Research and Ethical Review Committee
Street address
Riphah Quaid e Azam Campus, 28-M Quaid-e-Azam industrial Estate, kot lakhpat, Lahore
City
Lahore
Postal code
54000
Approval date
2023-01-02, 1401/10/12
Ethics committee reference number
REC/RCR & AHS/23/0112

Health conditions studied

1

Description of health condition studied
Adhesive Capsulitis of Shoulder
ICD-10 code
M75.0
ICD-10 code description
Adhesive capsulitis of shoulder

Primary outcomes

1

Description
Pain
Timepoint
Total intervention protocol will be given for four weeks of duration, 3 sessions per week with total 12 sessions. Outcomes will be assessed at baseline, at the end of 2 week (6th session) and at the end of 4th week (12th session)
Method of measurement
Numeric Pain Rating Scale (NPRS)

2

Description

Range of Motion (ROM)

Timepoint

Total intervention protocol will be given for four weeks of duration, 3 sessions per week with total 12 sessions.

Outcomes will be assessed at baseline, at the end of 2 week (6th session) and at the end of 4th week (12th session)

Method of measurement

Universal Goniometer

3

Description

Disability

Timepoint

Total intervention protocol will be given for four weeks of duration, 3 sessions per week with total 12 sessions.

Outcomes will be assessed at baseline, at the end of 2 week (6th session) and at the end of 4th week (12th session)

Method of measurement

SPADI- Shoulder pain and disability index

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group 1: Gong's Mobilization. Procedure: Gong's mobilization will be performed in a sitting/side-lying position. • The therapist will stand on the unaffected side of the subject and will place one hand on the affected side of the patient, pushing the humeral head in an anterior to a posterior direction, parallel to the joint plain. • Simultaneously the subject will be asked to quickly and powerfully perform the restricted movement (Abduction). During the above-mentioned movement, the therapist will keep pressing the humeral head along the long axis of the humerus. The therapist will follow the movement of the subject's shoulder when they will be performing abduction. The speed of the movement is kept constant by the therapist from the beginning until the end range maintaining little distraction throughout the movement. At the end range of movement, the therapist will accelerate the movement. The procedure will be performed in 3 sets of 10 repetitions each and the technique will be applied 3 days a week for 4 weeks.

Category

Treatment - Other

2

Description

Intervention group 2: Mobilization with Movement -----
Procedure (for improving shoulder abduction): Patient position: sitting on a chair with effected shoulder by the side and head in neutral position. • Therapist position and procedure: therapist will stand posterolateral to the affected side, placing the belt across the humeral head

and to his waist. • Leaning backward, therapist will apply a posterolateral glide and patient will actively perform shoulder abduction, then overpressure will be applied. • will Therapist maintain the posterolateral glide throughout and return to neutral. Therapist will ensure that the movement is pain free. • The intervention will be given in 3 sets of 10 repetitions each-----

Procedure(for improving Internal Rotation and External Rotation): Patient position: supine lying with scapula at the edge of the plinth • Therapist position: standing lateral to the affected joint. • Hand placement: patients shoulder and elbow will be placed at 90 degrees of flexion. Therapist will grasp distal humerus with both hands. • Belt placement: Belt will be secured around therapist waist and should be parallel to floor and perpendicular to humerus. Therapist will distract the joint laterally and will ask the patient to perform external and internal rotation actively and passive overpressure would be applied at end range. • The procedure will be performed in 3 sets of 10 repetitions each and the technique will be applied 3 days a week for 4 weeks.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Allied Hospital

Full name of responsible person

Dr. Sobia Nawaz

Street address

Dr. Tusi Rd, Faisalabad, Punjab

City

Faisalabad

Postal code

38000

Phone

+92 41 9210082

Email

vcfmuf@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Riphah International University Lahore

Full name of responsible person

Dr. Fareeha Amjad

Street address

Riphah Quaid e Azam Campus, 28-M Quaid-e-Azam industrial Estate, kot lakhpat, Lahore

City

Lahore

Postal code

54000

Phone

+92 334 3372779

Email
fari_fairy22@yahoo.com

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Riphah International University Lahore

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
Riphah International University, Lahore

Full name of responsible person
Hasha Asghar

Position
Student

Latest degree
Master

Other areas of specialty/work
Physiotherapy

Street address
House No, P240, shadab colony jhang road faisalabad

City
Faisalabad

Province
Punjab

Postal code
38000

Phone
+92 317 0070706

Email
drhashaasghar@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Riphah International University, Lahore

Full name of responsible person
Dr. Fareeha Amjad

Position
Assistant Professor

Latest degree
Ph.D.

Other areas of specialty/work
Physiotherapy

Street address

Riphah Quaid e Azam Campus, 28-M Quaid-e-Azam industrial Estate, kot lakhpat, Lahore

City
Lahore

Province
Punjab

Postal code
54000

Phone
+92 334 3372779

Email
fari_fairy22@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity
Riphah International University, Lahore

Full name of responsible person
Hasha Asghar

Position
Student

Latest degree
Master

Other areas of specialty/work
Physiotherapy

Street address
House no P240, shadab Colony jhang Road, faisalabad

City
Faisalabad

Province
Punjab

Postal code
38000

Phone
+92 317 0070706

Email
drhashaasghar@gmail.com

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

No - There is not 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

Not applicable

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Consent Form in its original format with no information about any participant study protocol- how the intervention was given to both groups

When the data will become available and for how long

Data would be available after the completion of the research at the end of 2023

To whom data/document is available

People working in an academic and clinical setting can have access to the above-mentioned information/documents

Under which criteria data/document could be used

Data can only be used for Research Purposes

From where data/document is obtainable

Data can be asked for at the following email address:
drhashaasghar@gmail.com

What processes are involved for a request to access data/document

One can ask for data at the given email address and it would be provided after knowing the general implications of sharing that particular data.

Comments