

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparative effects of hold relax and spencer muscle energy technique in patients with adhesive capsulitis

Protocol summary

Study aim

This research aims to effects of hold relax and spencer muscle energy technique in patients with adhesive capsulitis

Design

Two arm parallel group randomised trial with participant blinded. Randomisation was centralised and computerised with concealed randomisation sequence carried out at an external site

Settings and conduct

The study will be conducted in Allied Hospital Faisalabad. Outcome assessor will be blind as the outcome assessor will be the therapist from the concerned hospital and researcher and outcome assessor will be a different person

Participants/Inclusion and exclusion criteria

Inclusion Criteria: • age 30 above • both gender included • pain in the shoulder for at least 3 month • subjects were clinically diagnosed with grade 2 adhesive capsulitis.. Exclusion Criteria: • History of surgery on specified shoulder. • History of any other pathological condition involving the shoulder.

Intervention groups

Both groups will receive baseline treatment protocol Movement with Mobilization in 3 sets and 15 repetitions each set and Ultrasonic Therapy for 10 minutes at 1.5 w/cm intensity and continuous mode. Group A will be given Spenser Muscle Energy Technique for 3 sets and 10 repetitions each set. Group B will be given Hold Relax Technique for 3 sets and 10 repetitions each set.

Main outcome variables

Pain, Range of Motion in External Rotation, Range of Motion in Abduction, Range of Motion in Internal Rotation, Functional Disability,

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230306057633N1**

Registration date: **2023-04-24, 1402/02/04**

Registration timing: **registered_while_recruiting**

Last update: **2023-04-24, 1402/02/04**

Update count: **0**

Registration date

2023-04-24, 1402/02/04

Registrant information

Name

Muhammad Talha Hassan Javed

Name of organization / entity

Riphah International University Faisalabad

Country

Pakistan

Phone

+92 334 8196967

Email address

drtalhahassan97@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-03-09, 1401/12/18

Expected recruitment end date

2023-07-09, 1402/04/18

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparative effects of hold relax and spencer muscle energy technique in patients with adhesive capsulitis

Public title

Hold relax and spencer muscle energy technique in adhesive capsulitis

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Age between 40 to 60 years Both gender included Pain in the shoulder for at least 3 month Subjects were clinically diagnosed with grade 2 adhesive capsulitis.Painful and limited active and passive glenohumeral rom in capsular pattern (external rotation then abduction and then internal rotation) was considered diagnostic criteria for adhesive capsulitis.

Exclusion criteria:

History of Rotator cuff injury History of any neurological deficit History of surgery on specified shoulder. History of pain or disorder of cervical spine, elbow, wrist and hand. History of any other pathological condition involving the shoulder. Hawkins-Kennedy test and empty can test were used to exclude other shoulder conditions

Age

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

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **46**

Randomization (investigator's opinion)

Randomized

Randomization description

The randomization will be done with the computer generated method on random.org and the unit of randomization will be the simple individual randomization.

Blinding (investigator's opinion)

Single blinded

Blinding description

The blinding will be done by blinding the outcome assessor because outcome assessor and researcher will two different persons.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee**

Name of ethics committee

Research and Ethical Committee

Street address

Adjacent Fish Farm, Satayana Rd, Faisalabad, Punjab

City

Faisalabad

Postal code

44000

Approval date

2023-03-10, 1401/12/19

Ethics committee reference number

REC-FSD-00319

Health conditions studied**1****Description of health condition studied**

Adhesive Capsulitis

ICD-10 code

M75.00

ICD-10 code description

Adhesive capsulitis of unspecified shoulder

Primary outcomes**1****Description**

Pain

Timepoint

Before intervention and 2, 4 weeks after intervention

Method of measurement

Pain will be measured by using Numeric Pain Rating Scale

Secondary outcomes**1****Description**

Range of Motion at shoulder joint

Timepoint

Before intervention and 2, 4 weeks after intervention

Method of measurement

Range of motion at shoulder joint will be measured with the help of goniometer

2**Description**

Functional Disability at shoulder joint

Timepoint

Before intervention and 2, 4 weeks after intervention

Method of measurement

Shoulder disability will be measured by using Shoulder Pain and Disability Index

Intervention groups

1

Description

Intervention group A will be Spenser muscle energy technique which will target shoulder muscles to improve pain, range of motion and functional disability

Category

Treatment - Other

2

Description

Intervention group B will be hold relax technique which will relax the tight muscles to improve pain, range of motion and disability of the shoulder.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Allied Hospital Faisalabad

Full name of responsible person

Dr. Sobia Nawaz

Street address

Dr. Tusi Rd, Faisalabad, Punjab

City

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38000

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+92 334 8196967

Email

info@pmc.edu.pk

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Riphah International University Faisalabad

Full name of responsible person

Dr. Shahreen

Street address

Adjacent Fish Farm, Satayana Rd, Faisalabad, Punjab

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Phone

+92 41 8777210

Email

contact@riphahfsd.edu.pk

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Riphah International University Faisalabad

Proportion provided by this source

10

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 Faisalabad

Full name of responsible person

Muhammad Talha Hassan Javed

Position

Lecturer

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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house P 228, street-3, Sanora Colony, Samanabad, Faisalabad

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Person responsible for scientific inquiries

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

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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

Sharing IPD may raise privacy and confidentiality concerns, especially when the data contains sensitive or personally identifiable information. There may be legal or ethical obligations to protect the privacy of the participants, and sharing their data could violate those obligations.

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

Yes - There is a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

The data set of IPD will be shared for primary outcomes only

When the data will become available and for how long

starting in July 2023

To whom data/document is available

Data set will be available for academic persons

Under which criteria data/document could be used

The documents will be used for further research purposes

From where data/document is obtainableThe data will be provided from email Id
drtalhahassan97@gmail.com**What processes are involved for a request to access data/document**

The applicant should send a email for requesting the documents and request will be followed within 72 hours

Comments