

# 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

Faisalabad

#### Postal code

38000

#### Phone

+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

#### City

Faisalabad

#### Postal code

44000

#### 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

#### Street address

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

#### City

Faisalabad

#### Province

Punjab

#### Postal code

38000

#### Phone

+92 325 4431141

#### Email

drtalhahassan97@gmail.com

## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

Riphah International University Faisalabad

#### Full name of responsible person

Muhammad Talha Hassan Javed

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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 obtainable**The 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**