

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparative effectiveness of spencer technique versus isotonic stretching on pain, Range of Motion, and Shoulder Disability in patients with stage-II Adhesive Capsulitis.

Protocol summary

Study aim

the aim of the study is to compare the effectiveness of spencer technique and isotonic stretching in patients with stage-II adhesive capsulitis

Design

Pragmatic, parallel-group, single-blind, randomized clinical trial

Settings and conduct

The trial is conducted in Allied Hospital Faisalabad. Subjects are chosen according to inclusion criteria. Subjects are blinded as they don't know their treatment protocol and group.

Participants/Inclusion and exclusion criteria

Inclusion Criteria • Patients aged between 40-60 years • Gender included both male and female. • Patients having frozen shoulder of stage 2. • Patient having restricted ROM. Exclusion Criteria • Patient with recent history of surgery. • Patient with Rheumatoid arthritis • Patient with history of any trauma/fracture of shoulder region. • Subject with neurological deficit

Intervention groups

Both groups will receive baseline treatment protocol capsular stretching of shoulder joint and isometric strengthening exercise of flexor, extensor, abductors, adductors, external rotators, internal rotators. Group A will be given Spenser Technique for 1 set of 10 repetitions. Group B will be given isotonic stretching for 1 set with 5 repetitions.

Main outcome variables

Pain, Range of Motion, Shoulder Disability

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230518058222N1**

Registration date: **2023-06-12, 1402/03/22**

Registration timing: **registered_while_recruiting**

Last update: **2023-06-12, 1402/03/22**

Update count: **0**

Registration date

2023-06-12, 1402/03/22

Registrant information

Name

Rida E Fatima

Name of organization / entity

Riphah International University Faisalabad

Country

Pakistan

Phone

+92 321 6002890

Email address

ridaefatima234@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-05-29, 1402/03/08

Expected recruitment end date

2023-09-09, 1402/06/18

Actual recruitment start date

2023-05-29, 1402/03/08

Actual recruitment end date

2023-09-09, 1402/06/18

Trial completion date

2023-09-09, 1402/06/18

Scientific title

Comparative effectiveness of spencer technique versus isotonic stretching on pain, Range of Motion, and Shoulder Disability in patients with stage-II Adhesive

Capsulitis.

Public title

spencer technique and isotonic stretching in stage-II Adhesive Capsulitis.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

• Patients aged between 40-60 years. • Gender included both male and female. • Patients having frozen shoulder of stage-II. • Patient having restricted ROM.

Exclusion criteria:

• Patient with recent history of surgery. • Patient with Rheumatoid arthritis. • Patient with history of any trauma/fracture of shoulder region. • Patient with neurological deficit.

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: **62**

Actual sample size reached: **52**

Randomization (investigator's opinion)

Randomized

Randomization description

We did randomization by computer generator method Random allocation software. Unit of randomization is individual. Type of randomization is simple randomization. Software name is random allocation software.

Blinding (investigator's opinion)

Single blinded

Blinding description

In our study participants are blinded that's why it is single blinded study .participants are unaware of interventions group. They didn't know which group of intervention they received. Investigator, healthcare provider, Data collector, outcome assessor they all are not blinded,

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Riphah International University
faisalabad

Street address

Riphah international University near fish farm satyana
road Faisalabad

City

Faisalabad

Postal code

38000

Approval date

2023-05-29, 1402/03/08

Ethics committee reference number

RCRAHS/REC/23/39

Health conditions studied

1

Description of health condition studied

Stage -II Adhesive Capsulitis

ICD-10 code

M75.0

ICD-10 code description

Adhesive Capsulitis of unspecified shoulder

Primary outcomes

1

Description

Pain

Timepoint

Before intervention and 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 4 weeks after intervention

Method of measurement

Range of motion at shoulder joint will be measured by
using goniometer

2

Description

Shoulder Disability

Timepoint

Before intervention and 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: Intervention group A is the Spencer technique which target shoulder muscles to improve pain, range of motion and shoulder disability. the dosage was one sets of each 10-15 repetitions within pain-free range.

Category

Treatment - Other

2

Description

Intervention group: Intervention group B is the isotonic stretching which relax the tight muscles to improve pain, range of motion and shoulder disability. The dosage was one sets of each 5 repetitions

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

Faisalabd

Postal code

38000

Phone

+92 41 9210082

Email

info@pmc.edu.pk

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Riphah International University Faisalabad

Full name of responsible person

Dr. Sahreen Anwar

Street address

Adjacent Fish Farm, Satayana Road, Faisalabad.

City

Faisalabad

Postal code

38000

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

Rida E Fatima

Position

Lacturer

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

house no. 692-B People's Colony#1 Faisalabad

City

Faisalabad

Province

Punjab

Postal code

38000

Phone

+92 321 6002890

Email

Ridaefatima234@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Riphah International University Faisalabad

Full name of responsible person

Rida E Fatima

Position

Lecturer

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

House no. 692-B People's Colony#1, Faisalabad

City

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Province
Punjab
Postal code
38000
Phone
+92 321 6002890
Email
Ridaefatima234@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Riphah International University Faisalabad
Full name of responsible person
Rida E Fatima
Position
Lecturer
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Other areas of specialty/work
Physiotherapy
Street address
House no. 692-B people's colony#1, Faisalabad
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Faisalabad
Province
Punjab
Postal code
38000
Phone
+92 321 6002890
Fax
Email
Ridaefatima234@gmail.com

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 September 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 ridaefatima234@gmail.com

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

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

Comments