

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

11 Sep 2026

### Comparison the effectiveness of mobilization and mobilization with movement on range of motion and acromiohumeral distance in patients with chronic shoulder impingement syndrome

#### Protocol summary

##### Study aim

Comparison the effectiveness of mobilization and mobilization with movement on pain, function, range of motion and acromiohumeral distance in patients with chronic shoulder impingement syndrome

##### Design

first group: In this research, both groups will receive routine physiotherapy consists of: 1- lifestyle correction 2- Pectoral muscles stretching 3-posterior capsule stretching 4-Glenohumeral joint elastic band exercises (3 times, 10 repeats, once a day) 5-Scaulothorasic exercises (3 sets, 10 repeats, once a day) 6-push the wall in standing position 7- Scaption ( 3 times a week, 3 sets, 10 repeats). In the mobilization group, we will apply 4 individual techniques consists of anterior glide, posterior glide, inferior glide and long axis traction. Each technique will apply twice to 4 times and will continue 30 seconds.Second group: In mobilization with movement group, the therapist will apply posterolateral glide and the patient will do scaption at the same time.3 sets at each session with 10 seconds rest between each set will be done.This treatment will preform 4 sessions in two weeks.

##### Settings and conduct

patients will visit by Dr. Taghipour in Shahid beheshti hospital by testing shoulder.

##### Participants/Inclusion and exclusion criteria

1-unilateral shoulder pain more than 6 months 2-no history of systemic illness 3-not using NSIDs and anti-inflammatory drugs before and after assessment 4-no history of cortico-steroid injection on shoulder region in the past year 5-no history of fracture and surgery on neck and shoulder 6-no history of physical therapy in for the neck and shoulder in the past three months 7- positive one sub acromial impingent tests including: neer test-hawkins kennedy test-jobe test

##### Intervention groups

mobilization and mobilization with movement group

##### Main outcome variables

acromiohumeral distance, pain intensity, Function

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20230722058881N1**

Registration date: **2023-08-14, 1402/05/23**

Registration timing: **prospective**

Last update: **2023-08-14, 1402/05/23**

Update count: **0**

##### Registration date

2023-08-14, 1402/05/23

##### Registrant information

##### Name

parham alaji

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 11 3311 4112

##### Email address

parhamalaji@gmail.com

##### Recruitment status

##### Recruitment complete

##### Funding source

##### Expected recruitment start date

2023-09-23, 1402/07/01

##### Expected recruitment end date

2023-12-21, 1402/09/30

##### Actual recruitment start date

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Comparison the effectiveness of mobilization and mobilization with movement on range of motion and acromiohumeral distance in patients with chronic shoulder impingement syndrome

**Public title**

Comparison the effectiveness of mobilization and mobilization with movement on range of motion and acromiohumeral distance in patients with chronic shoulder impingement syndrome

**Purpose**

Treatment

**Inclusion/Exclusion criteria****Inclusion criteria:**

1-Unilateral shoulder pain more than 6 months 2-No history of systemic illness 3-Not using NSIDs and anti-inflammatory drugs before and after assessment 4-No history of cortico-steroid injection on shoulder region in the past year 5-No history of fracture and surgery on neck and shoulder 6-No history of physical therapy in for the neck and shoulder in the past three months 7-Positive one sub acromial impingent tests including: neer test-hawkins kennedy test-jobe test

**Exclusion criteria:**

Failure to complete physiotherapy sessions by patients  
Non participation of patients in physiotherapy sessions  
The occurrence of unforeseen events for each of the participants in the study Increased pain or other symptoms of patients

**Age**From **18 years** old to **65 years** old**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

- Participant

**Sample size**Target sample size: **30****Randomization (investigator's opinion)**

Randomized

**Randomization description**

Concealed allocation will perform using a computer generated randomized table of numbers created before the start of data collection. Individual and sequentially numbered index cards with the random assignment were prepared. The index cards were folded and placed in sealed opaque envelopes. The therapist will open the envelope and proceeded with treatment according to the group assignment.

**Blinding (investigator's opinion)**

Single blinded

**Blinding description**

In this research, a single blind method is used so that the technician of recording the results, will not be aware of

the intended intervention.

**Placebo**

Not used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Ethical committee Zahedan university of medical sciences

**Street address**

Dr Hesabi square

**City**

Zahedan

**Province**

Sistan-va-Balouchestan

**Postal code**

9816743463

**Approval date**

2023-07-18, 1402/04/27

**Ethics committee reference number**

IR.ZAUMS.REC.1402.168

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

chronic shoulder impingement syndrome

**ICD-10 code**

M65.80

**ICD-10 code description**

Other synovitis and tenosynovitis, unspecified site

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

acromiohumeral distance

**Timepoint**

before physical therapy sessions-after physical therapy sessions

**Method of measurement**

ultrasonography

**2****Description**

pain intensity

**Timepoint**

before and after physical therapy sessions

**Method of measurement**

**3****Description**

upper limb function

**Timepoint**

before and after treatment period

**Method of measurement**

DASH questionnaire

**4****Description**

range of motion

**Timepoint**

before and after treatment period

**Method of measurement**

electrogoniometer

**Secondary outcomes**

empty

**Intervention groups****1****Description**

first intervention group: In this research, both groups will receive routine physiotherapy consists of: 1- lifestyle correction 2- Pectoral muscles stretching 3-posterior capsule stretching 4-Glenohumeral joint elastic band exercises (3 times, 10 repeats, once a day) 5- Scaulothorasic exercises (3 sets, 10 repeats, once a day) 6-push the wall in standing position 7- Scaption ( 3 times a week, 3 sets, 10 repeats). In the mobilization group, we will apply 4 individual techniques consists of anterior glide, posterior glide, inferior glide and long axis traction. Each technique will apply twice to 4 times and will continue 30 seconds.

**Category**

Rehabilitation

**2****Description**

Second intervention group: In this research, both groups will receive routine physiotherapy consists of: 1- lifestyle correction 2- Pectoral muscles stretching 3-posterior capsule stretching 4-Glenohumeral joint elastic band exercises (3 times, 10 repeats, once a day) 5- Scaulothorasic exercises (3 sets, 10 repeats, once a day) 6-push the wall in standing position 7- Scaption ( 3 times a week, 3 sets, 10 repeats).In mobilization with movement group, the therapist will apply posterolateral glide and the patient will do scaption at the same time.3 sets at each session with 10 seconds rest between each set will be done.This treatment will preform 4 sessions in two weeks.

**Category**

Rehabilitation

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Shahid Beheshti hospital of Babol

**Full name of responsible person**

Dr. Mohammad Taghipour

**Street address**

Sargord Ghasemi street, Babol

**City**

Babol

**Province**

Mazandaran

**Postal code**

4818636135

**Phone**

+98 11 3332 0467

**Email**

Parhamalaji@gmail.com

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Zahedan University of Medical Sciences

**Full name of responsible person**

Dr. Noor Mohammad Bakhshani

**Street address**

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4818636135

**Phone**

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**Email**

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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**

Zahedan University of Medical Sciences

**Proportion provided by this source**

100

**Public or private sector**

Public

**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

ahmadaskary@gmail.com

### Contact

**Name of organization / entity**

Zahedan University of Medical Sciences

**Full name of responsible person**

Dr. Ahmadreza Askari Ashtiani

**Position**

Teacher Assistant

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Physiotherapy

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## Person responsible for scientific inquiries

### Contact

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Teacher assistant

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**Other areas of specialty/work**

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### Contact

**Name of organization / entity**

Zahedan University of Medical Sciences

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Ahmadreza Askari Ashtiani

**Position**

Teacher Assistant

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Physiotherapy

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## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

**Study Protocol**

Undecided - It is not yet known if there will be a plan to make this available

**Statistical Analysis Plan**

Undecided - It is not yet known if there will be a plan to make this available

**Informed Consent Form**

Undecided - It is not yet known if there will be a plan to make this available

**Clinical Study Report**

Undecided - It is not yet known if there will be a plan to make this available

**Analytic Code**

Undecided - It is not yet known if there will be a plan to make this available

**Data Dictionary**

Undecided - It is not yet known if there will be a plan to make this available