Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

INTEGRATED PATIENT EDUCATION AND ROUTINE PHYSICAL THERAPY IN PATIENTS WITH SUBACROMIAL PAIN SYNDROME

Protocol summary

Study aim
The purpose of the present study is find the association in integrated patient education and routine physical therapy in patient of sub acromial pain syndrome.

Design
randomized control trial

Settings and conduct
Muhmmad rehabilitation center multan

Participants/Inclusion and exclusion criteria
• . Inclusion Criteria Both Male and Female • Age ≥40(9) • Primary complaint of shoulder with or without referral in the upper limb for ≥ 3 months • Shoulder pain provoked with resisted abduction and lateral rotation contraction • Limitation to the range of motion of glenohumeral joint in the comparison to the contralateral side Exclusion Criteria • Shoulder pain in the last 6 months. • Known systemic inflammatory disorder. • Cervical repeated movement testing affecting shoulder pain and range of movement. • Severe depressive symptoms, suicidal inclination or psychotic illness.

Intervention groups
2 group are included in which 1 group have 10 patients with light weight exercise and educate the routine physical activity and 2 group have 11 patients with mobilization and educate the routine physical activity

Main outcome variables
We are expecting that the patient education and routine physical therapy decrease the sub acromial pain syndrome.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20230718058826N1**
Registration date: **2023-08-22, 1402/05/31**
Registration timing: **prospective**
Last update: **2023-08-22, 1402/05/31**
Update count: **0**

Registration date
2023-08-22, 1402/05/31

Registrant information

Name
Perwasha Perwasha

Name of organization / entity
Muhammad Institute of Medical and Allied Sciences, Multan, Pakistan.

Country
Pakistan

Phone
+92 310 6562039

Email address
perwashanaseer123@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2023-09-01, 1402/06/10

Expected recruitment end date
2023-11-01, 1402/08/10

Actual recruitment start date
2023-09-01, 1402/06/10

Actual recruitment end date
2023-11-01, 1402/08/10

Trial completion date
2023-11-01, 1402/08/10

Scientific title
INTEGRATED PATIENT EDUCATION AND ROUTINE PHYSICAL THERAPY IN PATIENTS WITH SUBACROMIAL PAIN SYNDROME

Public title
INTEGRATED PATIENT EDUCATION AND ROUTINE PHYSICAL THERAPY IN PATIENTS WITH SUBACROMIAL PAIN SYNDROME

Purpose
Health service research
Inclusion/Exclusion criteria
Inclusion criteria:
• Both Male and Female• Age ≥40(9)• Primary complaint of shoulder with or without referral in the upper limb for ≥ 3 months• Shoulder pain provoked with resisted abduction and lateral rotation contraction • Limitation to the range of motion of glenohumeral joint in the comparison to the contralateral side.
Exclusion criteria:
• Shoulder pain in the last 6 months. • Known systemic inflammatory disorder • Cervical repeated movement testing affecting shoulder pain and range of movement • Severe depressive symptoms, suicidal inclination or psychotic illness.
Age
From **40 years** old to **60 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Participant
- Investigator
- Data analyser

Sample size
Target sample size: **21**
Actual sample size reached: **21**
Randomization (investigator's opinion)
Randomized
Randomization description
randomized control trial with 21 sample size which divided in two groups. Group 1 have 10 patients and group 2 have 11 patients
Blinding (investigator's opinion)
Triple blinded
Blinding description
participant allocated randomly . investigator allocated randomly .Data analyser blindingly apply the state on both intervention group
Placebo
Not used
Assignment
Parallel
Other design features
sample size contain 2 group in which 1 group have 11 patients and 2 group have10 patient . The group 1 have light weight strengthening exercise and educate the routine physical activity and the group 2 have mobilization and routine physical activity.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Muhmmad institute of medical and allied sciences multan
Street address
HBL street near sbzazar metro station bosan road Multan
City
Multan
Postal code
66000
Approval date
2023-09-01, 1402/06/10
Ethics committee reference number
MIMAS/IRB/24/08

Health conditions studied

1

Description of health condition studied
Diseases of the musculoskeletal system and connective tissue
ICD-10 code
(M00-M99)
ICD-10 code description
Diseases of the musculoskeletal system and connective tissue

Primary outcomes

1

Description
We are expecting that the patient education and routine physical therapy decrease the sub acromial pain syndrome.
Timepoint
> 3month
Method of measurement
SPADI,PCS,NPRS, Quick DASH,SF.12 and shoulder mobilization, light weight exercise and educate the routine physical activity.

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group have sample size 21 in which group 1 have 10 patient and group 2 have 11 patients. The intervention for the group 1 is the shoulder mobilization with education the patient daily living activity and the group2 have the intervention of light weight strengthening exercise and education of patients.
Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Muhmmad rehabilitation center Multan

Full name of responsible person
Dr. Farah zahid

Street address
HBL street near sabzazar metro station bosan road Multan

City
Multan

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66000

Phone
+92 61 6221111

Email
perwashanaseer123@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Mimas

Full name of responsible person
Imran Durrani

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Bosan road multan

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Phone
+92 333 6120602

Email
imranahmadkhandurrani@gmail.com

Grant name
research scholarship

Grant code / Reference number
45632

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

Title of funding source
Mimas

Proportion provided by this source
80

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
MIMAS

Full name of responsible person
Perwasha

Position
Med.Dr

Latest degree
Medical doctor

Other areas of specialty/work
Physiotherapy

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Person responsible for scientific inquiries

Contact

Name of organization / entity
Mimas

Full name of responsible person
Shahid Ishaq

Position
AP

Latest degree
Master

Other areas of specialty/work
Physiotherapy

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Person responsible for updating data

Contact

Name of organization / entity
Mimas

Full name of responsible person
Perwasha

Position
Med. doc

Latest degree
Medical doctor
Other areas of specialty/work
Physiotherapy
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City
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+92 61 6221111
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perwashanaseer123@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
Yes - There is 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
Yes - There is a plan to make this available
Data Dictionary
Yes - There is a plan to make this available
Title and more details about the data/document
INTEGRATED PATIENT EDUCATION AND ROUTINE PHYSICAL THERAPY IN PATIENTS WITH SUBACROMIAL PAIN SYNDROME
When the data will become available and for how long
After 3 month
To whom data/document is available
supervisor
Under which criteria data/document could be used
ethical consedration
From where data/document is obtainable
supervisor
What processes are involved for a request to access data/document
supervisor
Comments
no