Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparison of Effectiveness of hydraulic distention along with shoulder mobilization and conventional physiotherapy in treatment for frozen shoulder

Protocol summary

Study aim
To develop a treatment protocol for frozen shoulder by comparing effectiveness of hydraulic distention along with shoulder mobilization and conventional physiotherapy.

Design
Randomized controlled clinical trial

Settings and conduct
Thq hospital wazirabad , patient and investigators are not blinded to type of treatment

Participants/Inclusion and exclusion criteria
Inclusion criteria include middle aged frozen shoulder patients with symptoms lasting more than 3 months. No abnormal finding on radiograph. Confirm diagnosis of adhesive capsulitis . Exclusive criteria include patient having co morbidity except DM . Fibromyalgia, rotator cuff disease, major shoulder surgery and pregnancy

Intervention groups
Hydraulic distention along with shoulder mobilization techniques

Main outcome variables
Shoulder pain and disability scores determined through SPADI

General information

Reason for update
To add the dates of completion of project

Acronym

IRCT registration information
IRCT registration number: **IRCT20230906059367N1**
Registration date: **2023-09-14, 1402/06/23**
Registration timing: **prospective**

Last update: **2024-11-13, 1403/08/23**
Update count: **1**

Registration date
2023-09-14, 1402/06/23

Registrant information

Name
Jameel Sabar

Name of organization / entity
Primary and secondary health department punjab pakistan

Country
Pakistan

Phone
+92 321 7587203

Email address
jameelsabar@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2023-10-01, 1402/07/09

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

Actual recruitment start date
2023-10-01, 1402/07/09

Actual recruitment end date
2023-12-05, 1402/09/14

Trial completion date
2024-03-31, 1403/01/12

Scientific title
Comparison of Effectiveness of hydraulic distention along with shoulder mobilization and conventional physiotherapy in treatment for frozen shoulder

Public title
Comparison of invasive vs non invasive procedures in treatment for frozen shoulder

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Middle age Frozen shoulder patients Symptoms lasting more than 3 months No abnormal findings on radiographs Confirm diagnosis of adhesive capsulitis

Exclusion criteria:

Having co- morbidity except DM Major shoulder surgery Systemic inflammatory disease Rotator cuff disease Fibromyalgia Pregnancy

Age

From **30 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Actual sample size reached: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization was web based computer generated software.No block or stratified method was used. randomised allocation was through sealed envelope opened separately for each patient wanted to participate in study .

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethical review committee of THq hospital wazirabad

Street address

Circular Road wazirabad

City

Wazirabad

Postal code

52000

Approval date

2023-09-05, 1402/06/14

Ethics committee reference number

1887

Health conditions studied

1

Description of health condition studied

Adhesive capsulitis is characterised by painful shoulder limitation also known as frozen shoulder due to capsular adhesion and shortness after and inflammatory response in capsule caused by mainly DM , mainly in women after 30 years . Other causes include shoulder injuries or surgery leading to movement difficulty , less common causes are othera metabolic and autoimmune diseases.

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Pain and shoulder limitations

Timepoint

Before intervention, one week after intervention then at 4th , 8th and 12th week.

Method of measurement

SPADI questionaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group:

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

THQ hospital wazirabad

Full name of responsible person

Jameel sabar

Street address

Circular Road wazirabad

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52000

Phone

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Email

Jameelsabar@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
THq hospital wazirabad

Full name of responsible person
Dr jameel sabar PT

Street address
Circular Road

City
Wazirabad

Postal code
52000

Phone
+92 321 7587203

Email
Jameelsabar@gmail.com

Grant name

Grant code / Reference number

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

Title of funding source
THq hospital wazirabad

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
Other

Person responsible for general inquiries

Contact

Name of organization / entity
Primary and secondary health department punjab pakistan

Full name of responsible person
Jameel Sabar

Position
Clinical physiotherapist

Latest degree
Bachelor

Other areas of specialty/work
Physiotherapy

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Circular road , wazirabad, room #5 trauma center Thq wazirabad

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Person responsible for scientific inquiries

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Person responsible for updating data

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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
No - There is not a plan to make this available
Clinical Study Report
Yes - There is 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
Yes - There is a plan to make this available
Title and more details about the data/document
Spss files for results Spss files for demographics data Questionaire
When the data will become available and for how long
After completing study data will be available through email
To whom data/document is available
Healthcare practitioners and other researchers for systematic review of many studies
Under which criteria data/document could be used
If any researchers want to fill study gap and remove limitation in my studies we will provide data
From where data/document is obtainable
Through email Jameelsabar@gmail.com
What processes are involved for a request to access data/document
If any researchers wants this data he or she will request through email
Comments