

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Evaluation of the effect of sensorimotor training on volleyball skills and shoulder girdle posture and proprioception of men's volleyball players with scapular Dyskinesia

Protocol summary

Study aim

Determining the effect of sensorimotor training on volleyball skills, shoulder girdle position and proprioceptive sensation in male volleyball players with scapular dyskinesia.

Design

The clinical trial will have a control group and an exercise group, non-randomized allocation, phase 2 on 40 volleyball players with scapular dyskinesia. G-power software is used to determine the sample size.

Settings and conduct

Place of study: Urmia city volleyball clubs; Study population: adult male volleyball players; Type of blinding: Blinding is not done in this study.

Participants/Inclusion and exclusion criteria

Inclusion criteria: male volleyball players with a experience of participating in national league matches; having general health; normal body mass index; A positive scapular dyskinesia test. Exclusion criteria: history of shoulder girdle fracture; history of shoulder girdle dislocations; presence of pain in shoulder girdle joints during functional activities

Intervention groups

Intervention group: This group will receive the sensorimotor training program during 8 weeks, 3 sessions per week and each session lasts about 50 minutes. Control group: This group will not receive any intervention and only participate in the exercises related to their sport.

Main outcome variables

Passing skill, service skill, shoulder girdle posture, shoulder range of motion

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200125046250N3**

Registration date: **2024-06-23, 1403/04/03**

Registration timing: **prospective**

Last update: **2024-06-23, 1403/04/03**

Update count: **0**

Registration date

2024-06-23, 1403/04/03

Registrant information

Name

Sajad Roshani

Name of organization / entity

Urmia University

Country

Iran (Islamic Republic of)

Phone

+98 44 3345 8110

Email address

srowshani@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-06-26, 1403/04/06

Expected recruitment end date

2024-08-27, 1403/06/06

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of the effect of sensorimotor training on

volleyball skills and shoulder girdle posture and proprioception of men's volleyball players with scapular Dyskinesia

Public title

The effect of sensorimotor training on improving the skill and range of motion of the shoulder

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Being male Volleyball players Being at the age range of 18 to 25 years

Exclusion criteria:

Having a history of any fractures and dislocation in the joints of the shoulder girdle Having pain in the shoulder joint

Age

From **18 years** old to **25 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research Ethics committee of Urmia University

Street address

Kilometer 11, Sero road

City

Urmia

Province

West Azarbaijan

Postal code

5756151818

Approval date

2024-02-23, 1402/12/04

Ethics committee reference number

IR.URMIA.REC.1402.032

Health conditions studied

1

Description of health condition studied

Scapular dysknesia

ICD-10 code

M25.31

ICD-10 code description

Other instability, shoulder

Primary outcomes

1

Description

Passing and serving skills

Timepoint

Week 1, Week 8

Method of measurement

Using the AAHPERD test

2

Description

Shoulder posture

Timepoint

Week 1, Week 8

Method of measurement

Using photography, identifying the landmarks of the seventh cervical vertebra and the acromion appendage

3

Description

shoulder proprioception

Timepoint

Week 1, Week 8

Method of measurement

It is measured using a goniometer in two steps. In the second stage, the athlete must reconstruct the previous angle that he has put in his mind. The difference between the two measurement steps is considered as shoulder proprioception.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: This group includes 20 volleyball players with scapular mobility disorder who will receive the sensory motor training program during 8 weeks, 3 sessions per week and each session lasts about 50 minutes. Intervention includes sensory and motor exercises including 3 phases: static, dynamic and functional. The exercises will be more difficult from each phase to the next and the principles of exercise science

will be followed.

Category

Rehabilitation

2

Description

Control group: This group includes 20 volleyball players with scapular mobility disorder who will not receive any intervention and will only practice their sports.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Urmia National Club

Full name of responsible person

Tohi Partoie

Street address

Unit 4 , 7th floor, Aftab Gharb building, Golshahr 2, Urmia

City

Urmia

Province

West Azarbaijan

Postal code

6941736676

Phone

+98 921 548 5257

Email

tohiiiiid2020@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Urmia University

Full name of responsible person

Sajad Roshani

Street address

Kilometer 11, Nazlo Road

City

Urmia

Province

West Azarbaijan

Postal code

5756151818

Phone

+98 918 143 4527

Email

s.roshani@urmia.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Urmia University

Proportion provided by this source

100

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

Urmia University

Full name of responsible person

Sajad Roshani

Position

Assistant Professor, Department of Exercise Physiology and Corrective Exercises

Latest degree

Ph.D.

Other areas of specialty/work

Sport Medicine

Street address

Sero street

City

Urmia

Province

West Azarbaijan

Postal code

5756151818

Phone

32752741-044

Email

s.roshani@urmia.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Urmia University

Full name of responsible person

SajadRoshani

Position

Assistant Professor, Department of Exercise Physiology and Corrective Exercises

Latest degree

Ph.D.

Other areas of specialty/work

Corrective Exercise

Street address

Nazlo street

City

Urmia

Province

West Azarbaijan

Postal code
5756151818
Phone
32752741-044
Email
Sroshani@urmia.ac.ir

West Azarbaijan
Postal code
5756151818
Phone
32752741-044
Email
Sroshani@urmia.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Urmia University
Full name of responsible person
Sajad Roshani
Position
Assistant Professor, Department of Exercise
Physiology and Corrective Exercises
Latest degree
Ph.D.
Other areas of specialty/work
Corrective Exercise
Street address
Nazlo
City
Urmia
Province

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
There is no further information
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
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available