

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Comparative effects of Spencer Muscle Energy Technique and Bowen Therapy on Pain, Range of motion and Disability in Patients with Adhesive Capsulitis

Protocol summary

Study aim

To compare the effects of Spencer muscle energy techniques and Bowen therapy on pain, Range of motion and disability in patients with Adhesive capsulitis.

Design

Single blinded randomized clinical trial with parallel assignment of 32 participants to two groups equally.

Settings and conduct

The study will be conducted at Arif memorial teaching hospital. Outcome assessor will be kept blind in it.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: Both male and female patients between age of 40 - 60 years. Patients with positive capsular pattern. Patients experiencing pain, stiffness, and limited range of motion in the affected shoulder. Patients who have not undergone shoulder surgery or received corticosteroid injections in the past three months. Exclusion Criteria: Patients with a history of shoulder fractures, dislocations, or other significant shoulder injuries. Patients with fracture in and around shoulder. Patients with any neurological disorder

Intervention groups

Group A: Spencer muscle energy technique Group B: Bowen Therapy

Main outcome variables

Pain measured by numeric pain rating scale ROM measured by universal goniometer Disability measured by shoulder pain and disability index Questionnaire

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220701055331N3**

Registration date: **2024-06-13, 1403/03/24**

Registration timing: **prospective**

Last update: **2024-06-13, 1403/03/24**

Update count: **0**

Registration date

2024-06-13, 1403/03/24

Registrant information

Name

Ifra Zulqarnain Awan

Name of organization / entity

Rashid Latif Medical College

Country

Pakistan

Phone

+92 333 4975431

Email address

ifra.awan@rlmc.edu.pk

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-06-25, 1403/04/05

Expected recruitment end date

2024-11-25, 1403/09/05

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparative effects of Spencer Muscle Energy Technique and Bowen Therapy on Pain, Range of motion and Disability in Patients with Adhesive Capsulitis

Public title

Comparative effects of Spencer Muscle Energy Technique and Bowen Therapy on Pain, Range of motion

and Disability in Patients with Adhesive Capsulitis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Both male and female patients between age of 40 - 60 years. Patients with positive capsular pattern Patients experiencing pain, stiffness, and limited range of motion in the affected shoulder. Patients who have not undergone shoulder surgery or received corticosteroid injections in the past three months.

Exclusion criteria:

Patients with a history of shoulder fractures, dislocations, or other significant shoulder injuries Patients with any neurological disorder Patients with fracture in and around shoulder

Age

From **40 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **32**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization will be done by random computer number generator. Assign unique identification numbers to participants, then use a reliable software tool to generate a list of random numbers. Match these numbers to participant IDs and allocate individuals to different study groups based on the sorted random numbers. Ensure that the randomization process is concealed and documented for transparency and integrity.

Blinding (investigator's opinion)

Single blinded

Blinding description

This will be a Single blinded study. It involves keeping the outcome assessor blind to the intervention received by the participants. This helps to minimize bias in assessing the study outcomes. To achieve single blinding, the outcome assessor is not informed about the treatment allocation of the participants and remains unaware of which group received the intervention being studied.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Institutional Review Board of Rashid Latif Medical College, Lahore.

Street address

35-KM Ferozepur Road Lahore

City

Lahore

Postal code

54600

Approval date

2023-12-28, 1402/10/07

Ethics committee reference number

IRB/2023/138

Health conditions studied

1

Description of health condition studied

Adhesive Capsulitis

ICD-10 code

M75.0

ICD-10 code description

Adhesive capsulitis of shoulder

Primary outcomes

1

Description

Pain

Timepoint

Before intervention and 4 weeks after intervention

Method of measurement

Numeric pain rating scale

2

Description

Range of motion

Timepoint

Before intervention and 4 weeks after intervention

Method of measurement

Universal Goniometer

3

Description

Disability

Timepoint

Before intervention and 4 weeks after intervention

Method of measurement

Shoulder pain and disability index questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group A: Spencer muscle energy technique:
Patients of group A received Spencer muscle energy technique 3 times a week for 4 weeks.

Category

Rehabilitation

2

Description

Intervention group B: Participants of group B received
Bowen therapy 3 times a week for 4 weeks

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Arif Memorial Teaching Hospital

Full name of responsible person

Dr. Ifra Zulqarnain Awan

Street address

35-km ferozepur road Lahore

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Rashid Latif Medical College

Full name of responsible person

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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

Rashid Latif Medical College

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

Rashid Latif Medical College

Full name of responsible person

Umm-ul-wara

Position

Physiotherapist

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries

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Position

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Latest degree

Master

Other areas of specialty/work

Physiotherapy

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Person responsible for updating data

Contact

Name of organization / entity
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Full name of responsible person
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Position
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Latest degree
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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