

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

STRETCHING EXERCISES AND KINESIOTAPING ON PAIN AND DISABILITY AMONG DENTISTS WITH ROUNDED SHOULDERS

Protocol summary

Study aim

To compare the impact of stretching exercises with and without kinesiotopeing on pain levels, disability, and range of motion in shoulder flexion among dentists with rounded shoulders.

Design

A double blinded, randomized clinical trial with sample size of 58 patients, enrolled between January 2024 & September 2024

Settings and conduct

Double blinded study conducted at physiotherapy OPD of Ibne Siena Hospital & Research Institute, Multan. patient and assessor are blind

Participants/Inclusion and exclusion criteria

Inclusion criteria: 1)Patients with rounded shoulders diagnosed by physiotherapist. Calculate scapular index using formula $(CP \text{ to } SN)/(PLA \text{ to } TS) * 100$ 2) Both males and females 3) Age group 30-50 years 4) Patients with shoulder flexion limitation. 5) Patients with shoulder pain are included in the study 6) Dentists who treat more than 8 patients daily 7) Evidence of shoulder pain induced limitations in activities of daily life 8) Mobile Screen time should be less than 04 hours per day Exclusion criteria: 1) Individuals with frozen shoulder 2) Individuals with shoulder injury 3) Fracture or shoulder joint dislocation 4) Individuals with diabetic neuropathy 5) Neurological disorders like epilepsy or surgical procedures

Intervention groups

Along with standard physical therapy kinesio-taping with approximately 50 to 60% stretch. 1st kinesiology tape applied from anterior aspect of acromion to spinous process of T10 vertebra. 2nd kinesiology tape was applied to same area with 50% overlay. Taping applied after every 3 days for 24 hours. Sessions given twice a week for 4 weeks lasting 30-40 minutes.

Main outcome variables

Pain disability Shoulder flexion range

General information

Reason for update

Acronym

KT, RS

IRCT registration information

IRCT registration number: **IRCT20240721062493N1**

Registration date: **2024-09-26, 1403/07/05**

Registration timing: **retrospective**

Last update: **2024-09-26, 1403/07/05**

Update count: **0**

Registration date

2024-09-26, 1403/07/05

Registrant information

Name

Anum Fatima

Name of organization / entity

The University of Lahore

Country

Pakistan

Phone

+92 308 4784771

Email address

anum.fatyma2@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-01-01, 1402/10/11

Expected recruitment end date

2024-08-24, 1403/06/03

Actual recruitment start date

2024-01-24, 1402/11/04

Actual recruitment end date

2024-09-25, 1403/07/04

Trial completion date

2024-09-25, 1403/07/04

Scientific title

STRETCHING EXERCISES AND KINESIOTAPING ON PAIN AND DISABILITY AMONG DENTISTS WITH ROUNDED SHOULDERS

Public title

STRETCHING EXERCISES AND KINESIOTAPING ON PAIN AND DISABILITY AMONG DENTISTS WITH ROUNDED SHOULDERS

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

dentists with shoulder pain and rounded shoulders diagnosed by scapular index both male and females Patients with shoulder flexion limitation Dentists who treat more than 8 patients daily Mobile Screen time should be less than 04 hours per day age 30-50

Exclusion criteria:

Individuals with frozen shoulder Individuals with shoulder injury Fracture or shoulder joint dislocation Individuals with diabetic neuropathy Neurological disorders like epilepsy or surgical procedures

Age

From **30 years** old to **50 years** old

Gender

Both

Phase

3

Groups that have been masked

- Participant
- Outcome assessor

Sample size

Target sample size: **58**

Actual sample size reached: **58**

Randomization (investigator's opinion)

Randomized

Randomization description

randomized according to serial numbers assigned by hospital. All participants having even serial number were assigned to experimental group while all odd serial numbers were allocated in control group.

Blinding (investigator's opinion)

Double blinded

Blinding description

The study was double blinded. The assessor and patient were unaware of the treatment given to both groups.

Placebo

Not used

Assignment

Parallel

Other design features

Data was collected at baseline and 4th week (assessment).

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of University of Lahore

Street address

1km Defence Road, near bhuptian chowk, Lahore, Punjab

City

Lahore

Postal code

54000

Approval date

2024-05-05, 1403/02/16

Ethics committee reference number

REC-UOL-666-03-2024

Health conditions studied

1

Description of health condition studied

Shoulder pain

ICD-10 code

M25.51

ICD-10 code description

Pain in joint, Dislocations, sprains and strains involving other combinations of body regions

Primary outcomes

1

Description

pain

Timepoint

Data was collected at baseline before intervention and in 4th week after intervention.

Method of measurement

Numerical Pain Rating Scale

2

Description

Range of motion of Shoulder flexion

Timepoint

Data was collected at baseline before intervention and in 4th week after intervention.

Method of measurement

Goniometer

3

Description

Disability of Shoulder joint

Timepoint

Data was collected at baseline before intervention and in 4th week after intervention.

Method of measurement

Shoulder Pain and Disability Index

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group:

Category

Treatment - Devices

2

Description

Control group:

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Ibne Siena hospital and research institute, Multan.

Full name of responsible person

Dr. Usman Khalid

Street address

Multan Southern Bypass, Jahangirabad Shah Rukn-e-Alam Town

City

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Email

dr.usman_khalid@yahoo.com

Web page address

<https://ibn-e-siena.org.pk/>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Lahore

Full name of responsible person

Prof. Dr. Ashfaq Ahmad

Street address

1km Defence Road, near bhuptian chowk, Lahore, Punjab

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Email

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Web page address

<https://uol.edu.pk/>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

The University of Lahore

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

The University of Lahore

Full name of responsible person

Anum Fatima

Position

Student

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

Dr Hira Shafiq

Position

Senior Lecturer

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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

student

Latest degree

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Other areas of specialty/work

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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

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

Demographic data and data related to final outcome will be shared by maintaining the confidentiality

When the data will become available and for how long

data will be available from march 2024 to august 2024 after the 6 months of publication data sharing plan for a clinical trial (i.e. what data will be shared and under what conditions) will be publically available at the third party site that shares data with and meets the data requirements of WHO's international clinical trials registry platform, this occurs before the first participant is enrolled

To whom data/document is available

Dr Hira Shafiq (corresponding author) senior lecturer at the university of lahore

Under which criteria data/document could be used

for research purpose

From where data/document is obtainable

to corresponding author of the study, Dr Hira Shafiq and can contact on +92 . Can visit these research engines, you can easily find my study here
<https://scholar.google.com>

What processes are involved for a request to access data/document

open-access and there is traditional public data release where anyone can get access to the data with no registration or conditions. The request will be reviewed by director InCharge and in case of eligibility, it would be shared in 2 weeks

Comments

I want randomized clinical trial registration