

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effectiveness of METs With and Without Scapular Mobilization in Treating Patients with Adhesive Capsulitis

Protocol summary

Study aim

The study aims to assess the comparative effect of METs and (muscle energy techniques) with and without scapular mobilization in patients with adhesive capsulitis. This study will help to highlight various physiological effects for managing adhesive capsulitis. To study the effect of Muscle Energy Technique on pain in patient with adhesive capsulitis.

Design

Pragmatic, community based, parallel group, double blinded, randomized controlled trial. Total 377 patients will be enrolled. Patients who met our inclusion criteria will be randomized into two groups.

Settings and conduct

Muhammad physical therapy & rehabilitation center
Multan

Participants/Inclusion and exclusion criteria

Inclusion: 1. Age range (e.g 30-60 y) 2. Patients who have completed their conservative treatment for a minimum of 6 Week 3. Patients with pain and Restricted range of motion in the affected shoulder joint 5. Patients who can understand exercise programe 6. Both genders
Exclusion: 1. Patients with any other pathological disease related to the shoulder 2. Patients with neurological and rheumatological disorders 3. Patients with systemic diseases affecting the musculoskeletal system 4. Patients who may be limited in their capacity to exercise due to cardiovascular, respiratory, or metabolic issues 5. Pregnant or breastfeeding ladies 6. Fractures/dislocations 7. History of acute trauma or previous surgery in the affected shoulder 8. Patients treated with corticoid injection in the affected shoulder in the last 12 months (25, 26).

Intervention groups

Group A 188 (who will receive METs with combination of scapular mobilization) and Group B 188 (who will receive METs without scapular mobilization).

Main outcome variables

joint range of motion, joint stiffness, adhesions,

independency and quality of life in adhesive capsulitis patients.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20241220064105N1**

Registration date: **2024-12-26, 1403/10/06**

Registration timing: **prospective**

Last update: **2024-12-26, 1403/10/06**

Update count: **0**

Registration date

2024-12-26, 1403/10/06

Registrant information

Name

Komal Ammar Bukhari

Name of organization / entity

Muhammad Institute of Medical Sciences, Multan

Country

Pakistan

Phone

+92 314 6361728

Email address

komalbukhari608@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-01-12, 1403/10/23

Expected recruitment end date

2025-04-12, 1404/01/23

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Effectiveness of METs With and Without Scapular Mobilization in Treating Patients with Adhesive Capsulitis

Public title
METs With and Without Scapular Mobilization in Treating Patients with Adhesive Capsulitis.

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Age range (e.g 30-60 y) Patients who have completed their conservative treatment for a minimum of 6 Week Restricted range of motion of the affected shoulder joint Patients with pain (e.g visual analogue score > 4) in the affected shoulder joint Patients who can understand exercise program and co-operate with therapist Both genders
Exclusion criteria:
1. Patients with any other pathological disease related to the shoulder (e. g. "rotator cuff tear, impingement syndrome") Patients with neurological and rheumatological disorders affecting the shoulder joint Patients with a history of shoulder surgery or trauma Patients with systemic diseases affecting the musculoskeletal system (e. g., osteoarthritis, rheumatoid arthritis) Patients who may be limited in their capacity to exercise due to cardiovascular, respiratory, or metabolic issues Patients who are pregnant or breastfeeding Fractures/dislocations⁸. History of acute trauma or previous surgery in the affected shoulder Patients treated with corticoid injection in the affected shoulder in the last 12 months

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

Gender
Both

Phase
N/A

Groups that have been masked

- Outcome assessor
- Data analyser

Sample size
Target sample size: **377**

Randomization (investigator's opinion)
Randomized

Randomization description
This randomization will be done by Lottery method to ensure fairness. Medications will be given in numbered white boxes, each with a unique medication number. The treatment codes will be kept by the principal investigator.

Blinding (investigator's opinion)
Double blinded

Blinding description
Statistical analyser and outcome assessor will be kept blind so that the result obtained will be without biasness.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

The Institutional Ethical Committee of Muhammad Institute of Medical and Allied Sciences

Street address

Bosan Road

City

Multan

Postal code

66000

Approval date

2024-12-12, 1403/09/22

Ethics committee reference number

MIMAS/19/01/Komal

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

Range of motion

Timepoint

12weeks

Method of measurement

Goniometer Scale

2

Description

Shoulder Disability

Timepoint

12weeks

Method of measurement

SPADI Scale

3

Description

pain

Timepoint

12weeks

Method of measurement

NPRS(Numerical pain rating scale)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: will receive METs with combination of scapular mobilization scapular exercises • scapular wall angles• scapular protraction and retraction with Quadruped exercises • scapular dips• scapular punches• scapular cat camel stretch . Muscle Energy Techniques MET for Glenohumeral Joint Restricted Flexion , Abduction and External Rotation, Treatment regime distributed in 12 weeks period, 5 days a week, with 30 repetitions per set and sessions lasting 30 min per day

Category

Rehabilitation

2

Description

Control group: will receive METs without scapular mobilization , MET for Glenohumeral Joint Restricted Flexion MET for Glenohumeral Joint Restricted Abduction MET for Glenohumeral Joint Restricted External Rotation, Treatment regime distributed in 12 weeks period, 5 days a week, with 30 repetitions per set and sessions lasting 30 min per day

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Muhammad physical therapy & rehabilitation center
Multan

Full name of responsible person

Maliha Khalid Khan

Street address

Bosan Road

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Muhammad Institute of Rehabilitation Sciences,
Multan

Full name of responsible person

Qurat ul Ain

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Grant name

Student fund

Grant code / Reference number

MIMAS/6/2/Rabia

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

Yes

Title of funding source

Muhammad Institute of Rehabilitation Sciences, Multan

Proportion provided by this source

70

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

Muhammad Institute of Medical and Allied Sciences,
Multan

Full name of responsible person

Maliha Khalid Khan

Position

Lecturer

Latest degree

Medical doctor

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

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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