

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effects of prevention exercises programme on upper limb performance and shoulder joint range of motion in female volleyball players

Protocol summary

Study aim

Determining the Effect of a Specific Preventive Warm-up Training Program on the Range of Motion of the Shoulder Joint in Female Volleyball Players Determining the Impact of a Specific Preventive Warm-up Training Program on the Performance of the Upper Limbs in Female Volleyball Players

Design

This study includes healthy female volleyball players without any injuries in the shoulder joint. The samples for the present study consist of 34 individuals selected purposefully and conveniently, and then they are non-randomly divided into two groups: an experimental group (n=17) and a control group (n=17).

Settings and conduct

At the beginning of the participants' attendance at the sports club, shoulder range of motion and upper extremity function will be measured before the warm-up. After the completion of the 8-week intervention, the variables will be measured again.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: Possession of physical fitness approved by a physician. Absence of severe injury (more than three weeks absence from exercise) in the past six months. Exclusion Criteria: Having absences in training for 2 consecutive sessions or 3 sessions non-consecutively.

Intervention groups

The intervention and control groups, each consisting of 17 participants, will perform their respective protocols. The intervention group will carry out the exercise protocol at the beginning of the warm-up for 20 minutes, while the control group will perform the standard warm-up.

Main outcome variables

After the implementation of the preventive warm-up protocol, it has an impact on the upper limb performance

and the range of motion of the shoulder joint in female volleyball players.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20250208064688N1**

Registration date: **2025-02-24, 1403/12/06**

Registration timing: **prospective**

Last update: **2025-02-24, 1403/12/06**

Update count: **0**

Registration date

2025-02-24, 1403/12/06

Registrant information

Name

Leila Tabibi

Name of organization / entity

The University of Arak

Country

Iran (Islamic Republic of)

Phone

+98 31 4263 2227

Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-06-21, 1404/03/31

Expected recruitment end date

2025-07-05, 1404/04/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of prevention exercises programme on upper limb performance and shoulder joint range of motion in female volleyball players

Public title

"Investigating the effect of specific warm-up exercises on female volleyball players; the effect of warm-up exercises on upper limb performance and shoulder joint range of motion in female volleyball players."

Purpose

Prevention

Inclusion/Exclusion criteria**Inclusion criteria:**

Medically approved physical condition

Exclusion criteria:

Absence of cardiovascular or respiratory disease No severe injuries to any part of the body within the past six months Absence of neuromuscular disorders

Age

From **10 years** old to **19 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **34**

Randomization (investigator's opinion)

Not randomized

Randomization description**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**

Ethics Committee of Arak University

Street address

No. 49, Roshanaiyan Alley, Boostan Street, Najafabad, Isfahan Province

City

najafabad

Province

Isfahan

Postal code

8518647131

Approval date

2025-01-07, 1403/10/18

Ethics committee reference number

IR.ARAKU.REC.1403.061

Health conditions studied**1****Description of health condition studied**

Upper limb performance - Shoulder joint range of motion

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Average upper limb performance score (shoulder joint)

Timepoint

Measurements taken before the intervention and after the completion of the 8-week intervention

Method of measurement

Y Balance Test - Upper Extremity

Secondary outcomes**1****Description**

Shoulder joint range of motion score

Timepoint

Measurements taken before the intervention and after the completion of the 8-week intervention

Method of measurement

Goniometer

Intervention groups**1****Description**

Intervention group: In the intervention group, specific preventive warm-up exercises at 3 levels must be performed for 24 minutes over 8 weeks. The first two weeks involve basic exercises, the second two weeks involve level 1 exercises, the third two weeks involve level 2 exercises, and the fourth two weeks involve level 3 exercises

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Fetovat Sports Club

Full name of responsible person

Leila Tabibi

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Arak university

Full name of responsible person

دکتر محمد علی بدای فر

Street address

Arak56 Bbasij Square Karbala Boulevard Arak University

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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

Arak university

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**

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Arak University

Full name of responsible person

Leila Tabibi

Position

Master's student

Latest degree

Bachelor

Other areas of specialty/work

Sports Injury and Rehabilitation

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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

Yes - There is a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

All potential data can be shared after individuals have been rendered unidentifiable

When the data will become available and for how long

The access period begins in the year 1404, six months after the publication of the results

To whom data/document is available

For researchers employed at academic and scientific institutions will be available

Under which criteria data/document could be used

A formal request must be submitted, detailing the specific data or documents required. This often includes filling out a designated application form and send to the email address: Leila_tabibi@yahoo.com.

From where data/document is obtainable

For obtaining the desired documents or data, please refer to the email address: Leila_tabibi@yahoo.com.

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

There are no specific processes in this section

Comments