Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparison of stretching, and resistance exercises on land and water on motor control, pain, performance, and range of motion of swimmers with shoulder impingement syndrome.

Protocol summary

Study aim
of stretching, and resistance exercises on land and water on motor control, pain, performance, and range of motion of swimmers with shoulder impingement syndrome.

Design
Two groups Water exercise intervention group, Land exercise intervention group, Randomly, into two equal group, Each group has 15 people, Based on software Gpower

Settings and conduct
The study will be conducted in Quazvin city, with water training in a pool and land training in gym

Participants/Inclusion and exclusion criteria
Entry requirements: Gender: Femal. Age between 20 to 40. The subject has shoulder impingement syndrome. No surgical intervention required

Intervention groups
Water exercise intervention group, Land exercise intervention group

Main outcome variables
Motor control, Pain, Performance, Range of motion

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20250427065494N1**
Registration date: **2025-05-15, 1404/02/25**
Registration timing: **prospective**

Last update: **2025-05-15, 1404/02/25**
Update count: **0**

Registration date
2025-05-15, 1404/02/25

Registrant information
Name
Fariba Bahrami Eyvanaki
Name of organization / entity
University Tehran
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-05-20, 1404/02/30

Expected recruitment end date
2025-07-21, 1404/04/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Comparison of stretching, and resistance exercises on land and water on motor control, pain, performance, and range of motion of swimmers with shoulder impingement syndrome.

Public title
Comparison of stretching, and resistance exercises on land and water on motor control, pain, performance, and range of motion of swimmers with shoulder impingement syndrome.

Purpose
Other

Inclusion/Exclusion criteria

Inclusion criteria:

Gender: Female Subjects will have shoulder impingement syndrom Age will be between 20 and 40 years old The subject is asked not to change their usual diet and activity

Exclusion criteria:

Lack of precise control of the subject,s psychological and motivational conditions during the exercises and tests Lack of control for individual differences and hereditary factors of the subjects

Age

From **20 years** old to **40 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

They are divided into two intervention groups using a simple random method, in which each of the 30 people is assigned a number, water exercise and land exercise are indicated. The numbers are separated and poured into a ball, and a person is asked to draw the numbers one by one from the group. Accordingly,15 people are selected for water exercise and 15 people for land exercise.

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

Faculty of sports and Health Sciences-University of Tehran

Street address

North kargar Street aboveJalal Al Ahmad Intersection

City

Tehran

Province

Tehran

Postal code

88351730-37

Approval date

2025-05-12, 1404/02/22

Ethics committee reference number

IR.UT.SPORT.REC.1404.075

Health conditions studied

1

Description of health condition studied

Swimmer,s impingement syndrome of shoulder

ICD-10 code

M75.4

ICD-10 code description

Impingement syndrome of shoulder

Primary outcomes

1

Description

motor control

Timepoint

Before the start of the intervention and 8 weeks after the intervention

Method of measurement

Disabilities of the Arm,Shoulder and Hand Questionnaire (Dash)

2

Description

pain

Timepoint

Before the start of the intervention and 8 weeks after the intervention

Method of measurement

Visual analog scale

3

Description

performance

Timepoint

Before the start of the intervention and 8 weeks after the intervention

Method of measurement

Upper limb Y balance

4

Description

Range of motion

Timepoint

Before the start of the intervention and 8 weeks after the intervention

Method of measurement

Geniometer

Secondary outcomes

empty

Intervention groups

1

Description
The intervention group of people with shoulder impingement syndrome will be given a stretching and resistance training protocol in water, three days a week, each session lasting one hour,and this training protocol will be given for 8 weeks.
Category
Rehabilitation

2

Description
The intervention group of people with shoulder impingement syndrome will be given a stretching and resistance training protocol in Land , three days a week, each session lasting one hour,and this training protocol will be given for 8 weeks.
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
University Laboretory
Full name of responsible person
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
The University Tehran
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Hamed Mosavy
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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
The University Tehran
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
University Tehran
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Position
Other
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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
A piece of data, such as information about the main outcome
When the data will become available and for how long
1404
To whom data/document is available
Researchers working at the University
Under which criteria data/document could be used
To print an Article
From where data/document is obtainable
Judges
What processes are involved for a request to access data/document
After completing the study
Comments