

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

Investigation of the Effect and 8-Week Retention of Selected Exercises on Electromyographic Activity and Kinetic and Kinematic Factors of the Ground Swimming Movement in Adolescent Handball Players with Type 2 Scapular Dyskinesis

Protocol summary

Study aim

Investigation of the Effect of 8-Week Retention of Selected Exercises and NASM exercises on Electromyographic Activity and Kinetic and Kinematic Factors of the Ground Swimming Movement in Adolescent Handball Players with Type 2 Scapular Dyskinesis

Design

A controlled clinical trial with parallel groups, double-blind, rand function of Excel software was used for randomization. The initial sample size was 100 people.

Settings and conduct

Handball players in Tehran with type II scapular dyskinesis were selected through cluster sampling and randomly assigned to three groups: researcher-designed corrective exercises, NASM-based exercises, and a control group. Muscle performance, kinetic, and kinematic variables of land-based swimming were assessed at the Mofaghiyan Center before and after six weeks. Pre- and post-intervention data were statistically analyzed to compare the effects of the two exercise protocols.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: Males aged 16–18 Scapular dyskinesis without pain (medial scapular winging) Minimum 2 years sports experience with at least one season in provincial or national club competitions No shoulder or shoulder girdle injuries No neurological symptoms or significant postural abnormalities No use of nervous system affecting medication Exclusion Criteria: Development of musculoskeletal pain or injury after exercises Pain score above 4

Intervention groups

Group 1: Received selected designed exercises Group 2: Received exercises from the National Academy of Sports Medicine (NASM) Group 3: The group that does not

receive any training

Main outcome variables

****Independent Variables:**** Training type (Selected program, NASM, Control) ****Dependent Variables:**** Scapular dyskinesis score, scapular movement, and muscle EMG during push-ups.

General information

Reason for update

Acronym

SD

IRCT registration information

IRCT registration number: **IRCT20250719066551N1**

Registration date: **2026-02-16, 1404/11/27**

Registration timing: **retrospective**

Last update: **2026-02-16, 1404/11/27**

Update count: **0**

Registration date

2026-02-16, 1404/11/27

Registrant information

Name

maryam mazidi

Name of organization / entity

The university of guilan

Country

Iran (Islamic Republic of)

Phone

+98 938 178 7230

Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-11-06, 1404/08/15

Expected recruitment end date

2025-12-06, 1404/09/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigation of the Effect and 8-Week Retention of Selected Exercises on Electromyographic Activity and Kinetic and Kinematic Factors of the Ground Swimming Movement in Adolescent Handball Players with Type 2 Scapular Dyskinesia

Public title

Study of selected exercises on kinetic and kinematic factors of adolescent handball players with scapular dyskinesia

Purpose

Prevention

Inclusion/Exclusion criteria**Inclusion criteria:**

Male participants Shoulder disorder without pain Aged 16–18 years Minimum 2 years sports experience At least one season in club competitions Signed informed consent Willingness to participate

Exclusion criteria:

History of sports training other than handball Presence of shoulder muscle tears, adhesive capsulitis, impingement syndrome, rheumatoid arthritis, or diabetes mellitus History of shoulder injury or surgery in the past 6 m Use of medications that affect the nervous system Presence of significant postural abnormalities Inclusion of individual's neurological symptoms

Age

From **16 years** old to **18 years** old

Gender

Male

Phase

2-3

Groups that have been masked

- Participant
- Outcome assessor

Sample size

Target sample size: **60**

More than 1 sample in each individual

Number of samples in each individual: **20**

There are 20 participants in each of the three groups

Randomization (investigator's opinion)

Randomized

Randomization description

The population included 100 individuals from six clubs. Four clusters were randomly selected, and samples were then randomly drawn from these clusters using statistical software.

Blinding (investigator's opinion)

Double blinded

Blinding description

The participants of the experiment were from 6 clubs in Tehran. Two clubs, selected training one and two clubs, selected training two, and two clubs, were used as controls. They were unaware of the other friends. The coaches who were supposed to carry out the training program were unaware of the type of training of the other group and how the athletes were divided.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of guilan University

Street address

5 km of ghazvin road, Persian Gulf Highway, Rasht

City

Rasht

Province

Guilan

Postal code

۴۱۹۹۶۱۳۷۷۶

Approval date

2025-03-10, 1403/12/20

Ethics committee reference number

IR.GUILAN.REC.1403.211

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

Scapular dyskinesia

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

Scapular dyskinesia,

Timepoint

At the beginning of the study and 1.5 months after the end of the exercise intervention at the end of the study

Method of measurement

Motion Analysis

2**Description**

kinetic and kinematic factors of push up

Timepoint
At the beginning of the study and 1.5 months after the end of the exercise intervention at the end of the study

Method of measurement
Motion Analysis, Force Plate

3

Description
Muscle activation

Timepoint
At the beginning of the study and 1.5 months after the end of the exercise intervention at the end of the study

Method of measurement
Electromyography

Secondary outcomes

empty

Intervention groups

1

Description
Three groups were tested. The first group was the control group, which was randomly selected. No training intervention was performed in this group, and kinetic and kinematic factors and muscle activity were performed in two stages.

Category
Prevention

2

Description
Intervention Group 1: 20 people were randomly assigned to this group. After examining kinetic and kinematic factors and muscle activity, they received selected exercises designed by the researcher for 8 weeks, and then the desired factors were measured again.

Category
Rehabilitation

3

Description
20 people were randomly assigned to this group. After examining kinetic and kinematic factors and muscle activity, they received NASM training for 8 weeks, and then the desired factors were measured again.

Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Mofaqian Research Center
Full name of responsible person

Dr. Javad Mofaqian
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Gilan university
Full name of responsible person
Dr.Ali Bani
Street address
5th km of Qazvin Road,Persian Gulf Highway, rasht
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Guilan
Postal code
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+98 13 3369 0348
Email
ali_bani_2000@yahoo.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Gilan university
Proportion provided by this source
5
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
Guilan University
Full name of responsible person
Dr. Hasan Daneshmandi
Position

Professor of Guilan University

Latest degree

Ph.D.

Other areas of specialty/work

Corrective Exercise and Sport Injuries

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Full name of responsible person

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Position

Lecturer of Hormozgan university

Latest degree

Master

Other areas of specialty/work

Corrective exercise and sport injuries

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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

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Demographic information is available about the participants, and all measured data in the study, as well as primary and secondary variables, are accessible and published.

When the data will become available and for how long

A period of 6 months after the publication of the article

To whom data/document is available

Researchers working in academic and scientific institutions and people working in industry can apply.

Under which criteria data/document could be used

Designed exercises and data analysis can be used.

From where data/document is obtainable

m.mazidi100@gmail.com

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

It can take up to 10 business days from the time of email request to the time of receipt of documents.

Comments