

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of Codman exercises with and without kinesiotape on pain, range of motion, and functional tests in women with frozen shoulder

Protocol summary

Study aim

To compare the effectiveness of eight weeks of Codman pendulum exercises with kinesiotape versus Codman exercises alone on pain reduction, range of motion improvement, and shoulder function in women with frozen shoulder.

Design

Design: Randomized clinical trial, two-arm parallel, pretest-posttest, single-center. Randomization: Simple random allocation (random number table or sealed envelopes). Blinding: Assessor- and analyst-blinded (outcome assessor and statistician blinded to group allocation).

Settings and conduct

Setting: Poria-ye Vali Sports Hall, Malayer, Hamedan Province, Iran. Procedures: Recruitment via public call and clinic referrals; baseline assessment (demographics, VAS, goniometer ROM, DASH, WORC); supervised interventions; post-intervention assessment at week 9 using the same measures. Safety measures and taping protocol followed in all sessions.

Participants/Inclusion and exclusion criteria

Women aged 40–60 years with primary frozen shoulder diagnosed by an orthopedic specialist. Sample size: 30 participants (two groups of 15).

Intervention groups

Group 1 (Intervention): Codman pendulum exercises + kinesiotape — 8 weeks, 3 sessions/week, 40 minutes/session. Kinesiotape applied to supraspinatus and deltoid per protocol (skin allergy test before first application). Group 2 (Active control): Codman pendulum exercises only — identical schedule and supervision, without kinesiotape.

Main outcome variables

1. Shoulder pain 2. Shoulder range of motion (flexion, abduction, external rotation) 3. Shoulder function

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20250923067339N1**

Registration date: **2025-11-18, 1404/08/27**

Registration timing: **prospective**

Last update: **2025-11-18, 1404/08/27**

Update count: **0**

Registration date

2025-11-18, 1404/08/27

Registrant information

Name

Mohadeseh Roostaei

Name of organization / entity

Razi University of Kermanshah

Country

Iran (Islamic Republic of)

Phone

+98 83 3434 3515

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-12-12, 1404/09/21

Expected recruitment end date

2026-01-12, 1404/10/22

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Codman exercises with and without kinesiotape on pain, range of motion, and functional tests in women with frozen shoulder

Public title

The effect of Codman exercises with and without kinesiotape on pain, range of motion, and functional tests in women with frozen shoulder

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Gender: Female Age: 40-60 years Diagnosis of primary frozen shoulder by an orthopedic specialist Presence of shoulder pain for at least 3 months Significant loss of active and passive range of motion of the shoulder joint No use of medication or other shoulder-related treatment Written consent to voluntarily participate in the study

Exclusion criteria:

History of shoulder fracture or dislocation Rotator cuff tear Neuromuscular disorders History of shoulder surgery within the past two years Skin sensitivity to kinesiology tape Missing more than two consecutive sessions of the training program

Age

From **40 years** old to **60 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Outcome assessor
- Data analyser

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Participants will be allocated into two groups using simple randomization based on a random number table (or Random.org). Each eligible participant will receive an ID number, and the allocation will be performed by an independent person not involved in intervention delivery or outcome assessment.

Blinding (investigator's opinion)

Double blinded

Blinding description

The outcome assessor will be blinded to group allocation. All data will be coded and provided to the statistician without group labels to ensure blinded analysis. Due to the nature of exercise-based interventions, participant and therapist blinding is not feasible.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Razi University Ethics Committee

Street address

Room 00, Faculty of Sport Sciences, Razi University, Daneshgah St., Taq Bostan

City

Kermanshah

Province

Kermanshah

Postal code

6714414971

Approval date

2025-09-20, 1404/06/29

Ethics committee reference number

IR.RAZI.REC.1404.026

Health conditions studied

1

Description of health condition studied

Adhesive Capsulitis / Frozen Shoulder

ICD-10 code

M75.0

ICD-10 code description

Adhesive capsulitis of shoulder

Primary outcomes

1

Description

Shoulder pain level

Timepoint

Before and after eight weeks of intervention

Method of measurement

Visual Analog Scale (VAS)

2

Description

Shoulder range of motion (flexion, abduction, external rotation)

Timepoint

Before and after eight weeks of intervention

Method of measurement

Standard goniometer

3

Description

Shoulder function

Timepoint

Before and after eight weeks of intervention

Method of measurement

DASH and WORC questionnaires

Secondary outcomes

1

Description

Raised hands test

Timepoint

Before and after 8 weeks

Method of measurement

Standard shoulder functional test (Hand to Head Test)

2

Description

Apley Scratch Test

Timepoint

Before and after 8 weeks

Method of measurement

Functional testing of shoulder flexion and rotation

3

Description

Shoulder Rotation Test

Timepoint

Before and after 8 weeks

Method of measurement

Evaluation of the active rotation range of the shoulder joint with a goniometer

4

Description

Changes in daily performance scores

Timepoint

Before and after 8 weeks

Method of measurement

WORC questionnaire performance items

5

Description

Perception of overall improvement from treatment

Timepoint

Before and after 8 weeks

Method of measurement

Participant's mental question (Global Perceived Effect)

Intervention groups

1

Description

Intervention group: Cadman exercises with kinesiotape

Category

Rehabilitation

2

Description

Control group: Cadman exercises without kinesiotape

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Pouriya Vali Sports Hall

Full name of responsible person

Farzaneh Maleki

Street address

Hamzeh Loyy Street, opposite the Martyr Sardar Soleimani School, Amir Kabir Square, Shohada Street

City

Malayer

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Hamadan

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6571861132

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+98 937 314 1367

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f.maleki13401340@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Razi

Full name of responsible person

Keyvan Amini

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Taq Bostan, University Street

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kamini@razi.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

The University of Razi

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**

The University of Razi

Full name of responsible person

Manouchehr Heidari

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Sport Medicine

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

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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

Not applicable

Informed Consent Form

Undecided - It is not yet known if there will be 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

Not applicable

Title and more details about the data/document

Some of the data can be shared after de-identifying the subjects.

When the data will become available and for how long

3 months after results are published

To whom data/document is available

All persons upon formal request

Under which criteria data/document could be used

درخواست دسترسی به داده ها با هر هدفی مجاز است

From where data/document is obtainable

If you need to receive documents, please send an email to Manouchehr Heidari, Assistant Professor of Pathology and Corrective Exercises Department, Razi University, at the email address: mhaidary2000@yahoo.com.

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

In case of formal request, stating the relevant reasons

and providing full details, the data will be sent via email after 72 hours.

Comments