

Segmental Muscle Vibration for Subacromial Impingement Syndrome

ACTRN12622000191796

Status	RECRUITING
Sponsor	University of L'Aquila
Enrollment	30 participants

Plain Language Summary

Subacromial impingement syndrome is one of the most common causes of shoulder pain, accounting for nearly two-thirds of all shoulder problems. It occurs when tendons and the fluid-filled sac in the shoulder are pinched during arm movements, causing pain and limiting overhead activity. Standard treatment includes physiotherapy and exercises, but results can be variable. This study is exploring whether adding a specific type of vibration therapy — high-frequency (100 Hz), low-amplitude mechanical vibration applied directly to the shoulder muscles — enhances the effectiveness of standard physiotherapy.

Participants will be randomly assigned to either conventional rehabilitation alone or vibration therapy added to rehabilitation. Outcomes including pain, shoulder range of motion, and strength will be measured before and after the treatment program.

You may be eligible if you are 18 or older and have been diagnosed with shoulder impingement syndrome confirmed by at least three positive diagnostic tests. People with known cancers, inflammatory or infectious shoulder diseases, previous shoulder surgery, confirmed rotator cuff rupture, frozen shoulder, or shoulder instability are not eligible. Segmental muscle vibration is a non-invasive, painless modality, and if this study confirms its benefit, it could be incorporated into standard shoulder rehabilitation programs worldwide to improve outcomes for millions of people with this common and often frustrating condition.

Key Eligibility Criteria

Inclusion (3)

- Subjects older than 18 years.
- Subjects previously diagnosed with shoulder impingement syndrome.
- Positive result in 3 of the 5 following diagnostic tests: .Hawkins-Kennedy test, Neer's test, pain-full arc, Patte's manoeuvre.and Jobe's test

Exclusion (1)

- Any known malignancies, inflammatory diseases, infectious diseases or neurological diseases of the shoulder;previous fracture of the shoulder; Any surgeries of the shoulder; Xray verified glenohumeral osteoarthritis; Rotator cuff rupture; history of frozen shoulder; shoulder instability and/ labral lesions.

Locations (1 total)

Italy

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12622000191796>

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