

Oral Supplementation Compared With Hyaluronic Acid Infiltration in Rotator Cuff Tendinopathies

NCT06379997

Status	RECRUITING
Phase	Not Applicable
Sponsor	I.R.C.C.S. Fondazione Santa Lucia
Enrollment	50 participants

Plain Language Summary

This study compares two treatments for rotator cuff tendon pain in the shoulder: oral supplements (taken by mouth) versus injections of hyaluronic acid directly into the shoulder. Both aim to reduce pain and improve movement in people who have not responded to standard treatments.

****You may be eligible if...****

- You have had persistent shoulder pain for at least 2 months that did not get better with anti-inflammatory drugs or physical therapy
- An ultrasound or MRI confirms rotator cuff damage without complete tendon rupture
- Your shoulder movement is limited

****You may NOT be eligible if...****

- Your shoulder pain started from a traumatic injury or dislocation
- You have had shoulder surgery before
- You have severe shoulder arthritis, frozen shoulder, or calcific tendinitis
- You had a shoulder injection (steroids, hyaluronic acid, collagen) in the past 6 months
- You have a rheumatic disease or cancer
- You are on blood thinners

Talk to your doctor to see if this trial is right for you.

Key Eligibility Criteria

Inclusion (3)

- Persistent shoulder pain lasting for at least 2 months unresponsive to conservative treatment (nonsteroidal anti-inflammatory drugs \[NSAIDs\] and rehabilitation)
- Ultrasound or MRI evidence of a rotator cuff lesion without complete tendon rupture
- Limited active range of motion (ROM) in the shoulder

Exclusion (11)

- Traumatic shoulder injury as the cause of pain
- History of shoulder dislocation, fracture, or previous shoulder surgery
- Presence of signs indicating ligamentous instability
- Severe shoulder arthrosis, adhesive capsulitis, or calcific tendinitis
- Previous infiltrative treatment with corticosteroids, hyaluronic acid, or collagen within the past 6 months

... and 6 more (see full listing online)

Locations (1 total)

<https://clinicaltrials.gov/study/NCT06379997> Roma, RM, Italy

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