

Which Patient Group Shows Greater Improvement With Patient Education Alone in Rotator Cuff-Related Shoulder Pain? - A Cohort Study

NCT07324343

Status	RECRUITING
Phase	Not Applicable
Sponsor	Istanbul University - Cerrahpasa
Enrollment	116 participants

Key Eligibility Criteria

Inclusion (5)

- Individuals aged 18-65 years
- Shoulder pain persisting for at least 4 weeks
- Diagnosed by an orthopedic physician with impingement, subacromial bursitis, rotator cuff (RC) tendinopathy, or partial tear
- Activity-related pain e3 on the NPRS
- Cognitively able to understand the education and provide written informed consent

Exclusion (5)

- History of shoulder surgery
- Diagnosis of frozen shoulder, full-thickness or massive rotator cuff (RC) tear, or instability
- Presence of neurological or psychiatric conditions that prevent exercise
- History of physical therapy-rehabilitation or injection treatment within the past 6 months
- Pain persisting for more than 12 months

Locations (1 total)

Istanbul University Cerrahpasa Faculty of Health Sciences, Istanbul, Istanbul, Turkey (Türkiye)