

# Ultrasound-Guided Intra-Articular vs Gluteal Intramuscular Corticosteroid Injection for Frozen Shoulder

NCT07416916

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<b>Status</b>	RECRUITING
<b>Phase</b>	Phase 4
<b>Sponsor</b>	Second Affiliated Hospital, School of Medicine, Zhejiang University
<b>Enrollment</b>	528 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Symptom duration ≥9 months; clinically diagnosed unilateral primary (idiopathic) frozen shoulder (including diabetes-associated frozen shoulder).
- Age 18 to 65 years.
- Worst shoulder pain in the past 24 hours (NRS-WP, 0-10) ≥4.
- Passive range of motion (ROM) limitation of the affected shoulder: compared with the contralateral normal shoulder, a decrease of ≥30° in at least two of the following three directions: forward flexion, abduction, and external rotation with the arm at the side.
- Radiographic exclusion of other shoulder pathology: Affected-shoulder anteroposterior (AP) radiograph excludes glenohumeral osteoarthritis, calcific tendinopathy, and other structural abnormalities; and axillary view and/or scapular Y (outlet) or transthoracic view excludes glenohumeral dislocation.

### Exclusion (13)

- Secondary frozen shoulder due to thyroid disease, cardiovascular disease, stroke, radiotherapy, prior neurosurgical or breast surgery, etc. (diabetes excluded from this item); or frozen shoulder secondary to major shoulder trauma requiring medical care (e.g., fracture, dislocation, rotator cuff tear).
- Confirmed or highly suspected full-thickness or massive rotator cuff tear causing functional pseudoparalysis (e.g., positive Jobe test with marked strength loss).
- Local infection of the affected shoulder or any contraindication to shoulder injection (e.g., uncorrected bleeding risk/coagulopathy).
- Contraindication to corticosteroid therapy (e.g., poorly controlled diabetes, systemic infection).
- Prior manipulation under anesthesia, arthroscopic capsular release, or open surgical release for frozen shoulder on the affected shoulder.

... and 8 more (see full listing online)

## Locations (9 total)

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Yangpu District Central Hospital of Shanghai, Shanghai, Shanghai Municipality, China  
The Third Affiliated Hospital of Zhejiang Chinese Medical University, Hangzhou, Zhejiang, China  
Second Affiliated Hospital, School of Medicine, Zhejiang University, Hangzhou, Zhejiang, China  
... and 6 more locations

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<https://clinicaltrials.gov/study/NCT07416916>

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