

COVER PAGE

INFORMED CONSENT FORM (ICF)

Official Study Title

Effect of Joint Mobilization and Movement Control Exercises on Shoulder Pain and Function in Fast Bowlers (RCT)

NCT Number

NCT07229274

Principal Investigator

Hammad Haider

MS Musculoskeletal Physical Therapy

Lahore University of Biological and Applied Sciences

Research Supervisor

Dr. Sahar Fatima

Institution

Lahore University of Biological and Applied Sciences (UBAS)

Document Date

15/02/2025

Confidentiality Statement

This document contains the final informed consent form approved for use in the referenced clinical study. This document is submitted in accordance with ClinicalTrials.gov requirements.

Final Consent Form (English)

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Hammad Haider, Master of Science (Musculoskeletal) Physical Therapy, Lahore University of Biological and Applied Sciences

Supervisor

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Invitation to Participate

You are invited to participate in a research study titled “Combined Effects of Mulligan Mobilization with Movement and Kinetic Medial Rotation Control for Shoulder on Pain, Range of Motion, and Function among Fast Bowlers.” Before you decide whether to participate, it is important for you to understand the purpose of the study, procedures involved, possible benefits and risks, and your rights as a participant. Please read the following information carefully before making your decision.

Purpose of the Study

The purpose of this study is to determine the effects of Mulligan Mobilization with Movement combined with kinetic control training on pain, shoulder range of motion (ROM), and shoulder function among fast bowlers with glenohumeral internal rotation deficit. This research aims to improve understanding of treatment approaches that may enhance shoulder medial rotation and functional performance in fast bowlers and contribute to improved rehabilitation strategies in sports physical therapy.

Procedures

If you agree to participate in this study, you will undergo an initial assessment procedure followed by therapeutic intervention sessions. The treatment program will include Mulligan mobilization

with movement therapy, kinetic control retraining exercises, and additional therapeutic exercises as required by the research protocol. Your shoulder pain, range of motion, and functional performance will be assessed throughout the study period. Each session will last approximately 45 minutes, and the intervention program will continue for six weeks.

Your participation in this study is entirely voluntary. You are free to refuse participation or withdraw from the study at any time without providing any reason. Your decision to participate or withdraw will not result in any penalty, loss of benefits, or negative consequences related to your treatment or relationship with the institution.

There are minimal risks associated with participation in this study. Some participants may experience mild fatigue, temporary muscle soreness, or slight discomfort during therapeutic exercises and mobilization procedures. Appropriate precautions will be taken to minimize discomfort and ensure participant safety during all sessions. Participation in this study may help improve shoulder pain, movement, range of motion, and functional performance. The information obtained from this research may also contribute to future rehabilitation research, clinical practice, and improved treatment approaches for athletes experiencing shoulder dysfunction.

Confidentiality

All information collected during this study will remain strictly confidential. Your personal identity and medical information will not be disclosed in any publication, presentation, or report resulting from this research. Research records will only be accessible to the research team and authorized personnel involved in the study.

Contact Information

If you have questions or require further information regarding this study, you may contact the Principal Investigator, Hammad Haider, via email at drhammadhaiderpt18@gmail.com or by phone at 0321-4732061. You may also contact the Research Supervisor, Dr. Sahar Fatima, at sahar.fatima@ubas.edu.pk.

I have read and understood the information provided above regarding this research study. I have had the opportunity to ask questions, and all my questions have been answered satisfactorily. I voluntarily agree to participate in this research study.

Participant Name: _____

Signature/Thumb Impression: _____

Date: _____

Researcher Signature: _____