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Effectiveness of Capsular Stretching Versus Scapulothoracic Exercises on Pain, Rom and Function among Stage Ii Frozen Shoulder- Randomized Control Trial

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Abstract

Background of the study: The frozen shoulder is characterized by the restriction of the shoulder ROM in a capsular pattern, which results in the loss of active and passive ROM of the shoulder joint. Research indicates its occurrence in 2 to 5% of the general population, with higher rates of 10-38% among individuals with diabetes mellitus.

Methods: The setting is Chettinad Hospital and Research Institute. The sample type is convenience sampling. This study includes the ages between 30 and 50 with Restricted ROM in external rotation, internal rotation and abduction, VAS (6 and above) and SPADI scores 41-60. This study excludes Diabetes mellitus, Congenital deformity, Neuromuscular disorders, Fractures and dislocations of the upper extremity. The duration of the study is 6 weeks. Then, the subjects were assessed and separated into experimental groups A & B. Group A was given capsular stretching, and Group B was given scapulothoracic exercises. The study parameters include a goniometer and SPADI. Pre-test and post-test comparisons is done between these two groups.

Result: Comparing the Pre-test and Post-test within Group A and Group B on Shoulder Abduction, External Rotation, Internal Rotation, and SPADI scores shows a significant difference in the mean values at $P \leq 0.05$.

Conclusion: The study concluded that capsular stretching and scapulothoracic exercise techniques substantially reduce pain and improve ROM and function.