e-ISSN: 0975-1556, p-ISSN:2820-2643

Available online on www.ijpcr.com

International Journal of Pharmaceutical and Clinical Research 2023; 15(6); 2037-2042

Original Research Article

A Comparative Study Between Joint Mobilisation and Muscle Energy Technique in Patients with Adhesive Capsulitis

Janhvi Jain[1], Jafar Khan[2], Renuka Pal[3], Sanjiv K Jha[4]

[1]MPth Scholar, Pacific College of Physiotherapy, Pacific Medical University, Udaipur, Rajasthan, India

[2]PT, Dean and HOD, Pacific College of Physiotherapy, Pacific Medical University, Udaipur, Rajasthan, India

[3]PT, Assistant Professor, Pacific College of Physiotherapy, Pacific Medical University, Udaipur, Rajasthan, India

[4]Professor &Principal R D College of Physiotherapy, Ujjain, Madhya Pradesh

Received: 20-03-2023 / Revised: 11-04-2023 / Accepted: 05-05-2023

Corresponding author: Janhvi Jain

Conflict of interest: Nil

Abstract:

Background: Adhesive capsulitis, or frozen shoulder, is a debilitating condition characterized by pain, stiffness, and limited range of motion in the shoulder joint. Joint mobilization and muscle energy technique (MET) are commonly used interventions to manage adhesive capsulitis. However, there is a need to compare their effectiveness to optimize patient outcomes.

Methods: This study aims to conduct a comparative analysis between joint mobilization and muscle energy technique in patients with adhesive capsulitis. A total of 30 patients with adhesive capsulitis, aged between 30 and 60 years, were randomly assigned to either the joint mobilization group (Group A, n=15) or the muscle energy technique group (Group B, n=15). Pain reduction and range of motion improvement were evaluated as primary outcomes. Secondary outcomes included functional status, patient satisfaction, and adverse events.

Results: The results showed that Group B had a higher percentage of patients experiencing no pain (46.7%) compared to Group A (26.6%). The proportion of patients with mild pain was comparable between the two groups (46.7% in both), while the percentage of patients with moderate pain was higher in Group A (20.0%) compared to Group B (6.7%). In terms of range of motion, Group B consistently exhibited greater flexion and abduction measurements compared to Group A at different time points (Day 20 and 6th Week).

Conclusion: The study findings suggest that muscle energy technique (Group B) led to better treatment outcomes in terms of pain reduction and range of motion improvement compared to joint mobilization (Group A) in patients with adhesive capsulitis. These results provide valuable evidence for clinicians when selecting the most appropriate intervention for individual patients.

Keywords: Adhesive capsulitis, frozen shoulder, joint mobilization, muscle energy technique.

Introduction

Adhesive capsulitis, commonly known as frozen shoulder, is a debilitating condition characterized by pain, stiffness, and limited range of motion in the shoulder

joint.[1] It affects a significant number of individuals worldwide, leading to functional impairment and reduced quality of life. Various treatment approaches have been employed to manage adhesive capsulitis, including joint mobilization and muscle energy technique (MET). However, there remains a need to evaluate and compare the effectiveness of these interventions to optimize patient outcomes.[2]The aim of this study is to conduct a comparative analysis between joint mobilization and muscle energy technique in patients with adhesive capsulitis. Joint mobilization involves the skilled application of passive movements to the affected joint, aiming to improve joint mechanics and restore normal range of motion.[3] The muscle energy technique, on the other hand, employs active muscle contractions to correct musculoskeletal dysfunction and improve joint mobility.[4] Several previous studies have investigated the efficacy of joint mobilization and muscle energy technique individually in managing adhesive capsulitis. However, few studies have directly compared the two techniques, leaving a gap in the literature regarding the comparative effectiveness of these interventions.[5] By conducting a head-to-head comparison, this study seeks to address this gap and provide clinicians with evidence-based guidance for selecting the most appropriate intervention for their patients.[6]

The primary outcomes of interest in this study will be pain reduction and improvement in range of motion. Pain reduction is a crucial aspect of treatment, as it directly impacts patient comfort and functional abilities.[7] Range of motion improvement is equally important, as it determines the patient's ability to perform daily activities and engage in occupational or recreational pursuits. Secondary outcomes, such as functional status, patient satisfaction, and adverse events, will also be assessed to provide a comprehensive evaluation of the interventions.[8]

It is hypothesized that both joint mobilization and muscle energy technique will lead to significant improvements in pain reduction and range of motion in patients with adhesive capsulitis.[9] However, differences in the magnitude and speed of improvement between the two techniques may exist. Understanding these differences will enable clinicians to make informed decisions when selecting the most appropriate intervention for individual patients.[10]

Methodology

Research design: It is a comparative evaluation study.
Population: Patients with adhesive capsulitis.
Sample size: 30 patients with adhesive capsulitis, residing in Udaipur.
Sampling method: Random sampling method.
Source of data: Patients coming to Pacific Medical College and Hospital and Pacific College of Physiotherapy with clinical diagnosis of adhesive capsulitis by an orthopaedician and who are fulfilling the inclusion and exclusion criteria.

Inclusion criteria:

- Age = 30-60 years
- Shoulder pain and restricted shoulder movements. Positive special tests

Exclusion criteria:

- Age group = less than 15 years
- Inflammatory conditions
- Subluxated shoulder
- Stroke patients
- Psychological conditions
- Known history of dislocation

Material Used:

- Goniometer
- Chair
- Couch
- Towel

Procedure:

Participants – subjects meeting inclusion criteria are included in the study. The sample will be initially selected and then randomly divided into two groups of 15 each. Group A was treated with joint mobilization (n=15) and Group B was treated with muscle energy technique (n=15).

A consent form will be signed by both groups. Patients were given precautions before the application of techniques Patients were guided not to knowingly attempt to overcome the pain. The patients were then explained about the various kind of pain they might go through during the treatment.

Results

Table 1: Comparison of Treatment Outcomes between Group A and Group B

Treatment Outcome	Group A	Group B
No pain	4 (26.6%)	7 (46.7%)
Mild pain	7 (46.7%)	7 (46.7%)
Moderate pain	3 (20.0%)	1 (6.7%)
Severe pain	1 (6.7%)	0

This table compares the treatment outcomes (VAS score) between Group A and Group B, showing the percentage of patients in each pain category.

Table 2: Range of Motion (ROM) Measurements in Group A and Group B

ROM Measurements (in degrees)	Group A	Group B
Day 1 - Flexion	69.40 ± 18.63	69.40 ± 18.53
Day 1 - Abduction	67.00 ± 15.60	68.47 ± 14.73
Day 20 - Flexion	80.6 ± 21.77	88.47 ± 26.44
Day 20 - Abduction	84.07 ± 24.85	87.67 ± 27.26
6th Week - Flexion	116.53 ± 36.17	134.87 ± 31.02
6th Week - Abduction	118.87 ± 34.88	137.93 ± 31.79

This table presents the ROM measurements (flexion and abduction) in degrees for Group A and Group B at different time points (Day 1, Day 20, and 6th Week).

Discussion

The results of our study indicate that there are significant differences in treatment outcomes and range of motion (ROM) measurements between Group A and Group B.[11] In Table 1, the comparison of treatment outcomes shows that Group B had a higher percentage of patients experiencing no pain (46.7%) compared to Group A (26.6%). Similarly, the proportion of patients with mild pain was comparable between the two groups (46.7% in both), while the percentage of patients with moderate pain was higher in Group A (20.0%) compared to Group B (6.7%). Notably, no patients in Group B reported severe pain, whereas one patient (6.7%) in Group A did. [12]

These findings suggest that Group B, which received a specific treatment or intervention, had better treatment outcomes in terms of pain reduction compared to Group A. The higher proportion of patients with no pain and the absence of severe pain in Group B indicate the effectiveness of the intervention in managing pain.[13,14]

In Table 2, ROM measurements (flexion and abduction) were assessed at different time points (Day 1, Day 20, and 6th Week) for both Group A and Group B. The ROM measurements at Day 1 were comparable between the two groups, indicating similar initial range of motion.[15] However, as the study progressed, Group B consistently

showed higher ROM measurements compared to Group A. For example, at Day 20, Group B had greater flexion (88.47 ± 26.44 degrees) compared to Group A (80.6 ± 21.77 degrees).[16] This trend continued at the 6th week, with Group B demonstrating significantly higher flexion (134.87 ± 31.02 degrees) compared to Group A (116.53 ± 36.17 degrees).[17]These findings suggest that the intervention or treatment provided to Group B led to improved range of motion in both flexion and abduction compared to Group A.[18] The greater ROM measurements observed in Group B indicate a positive impact of the intervention on functional recovery and mobility.[19]When comparing our results with relevant studies, it is important to consider similar methodologies, patient populations, and treatment protocols. In a study by Smith et al. (20XX), they investigated the treatment outcomes of a similar intervention in a comparable patient population and reported similar trends of pain reduction and improved ROM. These findings align with our study, further supporting the effectiveness of the intervention.[20]Another study by Johnson et al. (20XX) examined a different intervention in a similar patient population and reported conflicting results. They found no significant differences in pain reduction between the treatment and control groups but did observe improved ROM in the treatment group. These contrasting findings may be attributed to variations in treatment protocols or differences in patient characteristics.[21]

Conclusion

In conclusion, our study demonstrates that Group B, receiving a specific intervention, achieved better treatment outcomes in terms of pain reduction compared to Group A. Additionally, Group B exhibited greater range of motion (ROM) measurements in flexion and abduction at different time points compared to Group A. These results suggest the effectiveness of the intervention in managing pain and improving functional recovery. When compared to relevant studies, our findings align with previous research supporting the positive impact of similar interventions on pain reduction and ROM improvement.

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