13. Diseases of the Musculo Skeletal System and Connective Tissue

Reference

1. Objectives
To evaluate the efficacy of combined Eastern-Western medical treatments for frozen shoulder (凍結肩).

2. Design
Randomized controlled trial (RCT).

3. Setting
One Oriental hospital (Kyunghee University Medical Center), Republic of Korea.

4. Participants
Patients with shoulder pain for 1–12 months, limited active and passive range of motion, inability to lay on the affected side, and night pain were recruited by newspaper advertisement and by Kyung Hee Oriental Hospital for 4 weeks (n=59).

5. Intervention
Arm 1: Eastern medical treatment (acupuncture) (n=22).
Arm 2: Western medical treatment (nerve block treatment) (n=17).
Arm 3: Eastern-Western combined medical treatment (acupuncture + nerve block) (n=20).
Suprascapular nerve block (steroid mixed with 1% lidocaine 5 ml), subacromial injection, and trigger point injection (0.5 – 2 ml topical anesthetic) for Western treatment.
Jianyu (LI15，肩髃), Jianliao (TE14，肩髎), Jianjing (GB21，肩井), and Dong-si (董氏) acupuncture points (Shin-guan and Gyun-joong) twice a week for 4 weeks in acupuncture group.

6. Main Outcome Measures
Pain evaluated on a visual analogue scale (VAS), and range of motion (ROM) including flexion, extension, abduction, and adduction clinically assessed using a goniometer.

7. Main Results
Treatment decreased pain in all groups (5.67±2.14 in Arm 1, 7.67±1.28 in Arm 3, and 7.73±2.14 in Arm 2). There were significant improvements in abduction, adduction, and flexion, but not extension in Arm 1 and Arm 3 (P<0.05), and in adduction, but not abduction, flexion, and extension in Arm 2 (P=0.018).

8. Conclusions
All three treatments improve frozen shoulder ROM. The Eastern-Western combined treatment markedly improves abduction.

9. Safety assessment in the article
Not mentioned.

10. Abstractor’s comments
In the clinic, pain must be reduced before frozen shoulder ROM can be improved. In this study, acupuncture and nerve block separately or jointly were used as treatment. It is very impressive that the improvement in ROM was observable within one month.

11. Abstractor and date
Kim HJ, 17 August 2010.