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Effects of scapular stabilization exercises on scapular dyskinesis, shoulder range of motion, pain and functional status in subjects with adhesive capsulitis: A randomized clinical trial

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Adhesive capsulitis is a condition which is characterized by pain and gradual loss of both active and passive range of motion in all planes of glenohumeral joint. The scapula plays an important role in shoulder function. During elevation of the arm, abnormal scapular motion such as excess elevation and increased upward rotation of the scapula is generally thought to be the compensation strategy for a limited glenohumeral motion in patients with adhesive capsulitis. This study was directed to see the effect of adding scapular stabilization exercises not only on pain, ROM and functional status but also on scapular dyskinesis using objective methods like LSST in 3 different positions. The study was a randomized clinical trial done on 30 in-patients and out-patients diagnosed to have adhesive capsulitis with scapular dyskinesia referred by a physician to the physiotherapy department. Pain, disability and range of motion were evaluated. The treatment was given for 6 sessions over a period of 2 weeks. Both the groups received interferential electrotherapy for 20 minutes, glenohumeral and scapulothoracic joint mobilization, anterior and posterior capsular stretching, isometric and dynamic rotator cuff strengthening exercises and home exercise program. The experimental group received scapular stabilization exercise in addition to the above exercises. Significant improvement was seen within the groups on pain, ROM and functional status. There was no significant effect of added scapular stabilization exercises on pain, ROM and functional status in patients with adhesive capsulitis but significant difference was noted in position 2 of LSST to measure scapular dyskinesis between the two groups.

Biography

Charu Eapen has completed her PhD from Manipal University. She has 17 years of experience in teaching and clinical work in Musculoskeletal Physiotherapy and Hand Rehabilitation. She is actively involved in research and has guided more than 20 students in Master's program and has published 17 papers in national and international journals. She is also the recipient of DBK Scholarship (2015) presented by the Philadelphia Hand Center, USA. She has also been the Faculty and Panelist for "Trauma Management in Underserved Areas" and presented a talk on "Trauma Management in India" at the 41st Philadelphia Hand Meeting at Philadelphia from 4-10 March, 2015.

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