

### Background

- Adhesive Capsulitis (AC) is a common condition characterized by loss of active and passive glenohumeral ROM
- Results from progressive fibroses of the joint capsule
- Can also result as the consequence of primary RC pathology or immobility
- DBMII and Obesity significant risk factors
- Treatment includes injections, OT, and Manipulation Under General Anesthesia

### Case description

- 75 y/o male with right humeral fracture, stroke, cognitive impairment, DBMII and HTN was seen on the acute rehabilitation unit for global restriction of right shoulder
- Patient was using non-dominant hand (left) for ADLs and iADLs resulting in severe functional impairment
- Physical exam showed severely restricted PROM and AROM (see figure 1.), spasticity of collateral muscle groups, biceps contracture

### Discussion

- There is no universally accepted standard of care for secondary ACS occurring after trauma or surgery.
- Studies have shown that combining SSNB with shoulder manipulation and rehabilitation improves patients' health-related quality-of-life status and functional capacity<sup>1</sup>.
- Patient was not tolerating PRMO exercises with OT during his IP rehab course
- Underwent OMT (Spencer's technique w/ muscle energy) after SSNB with substantial improvement in his PROM and Pain level at post-procedure day 1 and 10 ( Figure. 1)

### Images



Image. 1



Image. 2



Image. 3

	Pre-procedure PROM (degrees)	Post-procedure PROM (degrees)	Follow up PPD-11	Follow up 6 month PP
<b>Flexion</b>	30	60	90	
<b>Extension</b>	10	70	80	
<b>Internal rotation</b>	10	30	60	
<b>External rotation</b>	5	35	10	
<b>Abduction</b>	30	90	100	
<b>VAS</b>	8	0	2	0

Figure. 1

### Conclusion

- Although MUA is generally reserved for resistant ACS, further evidence should be generated for medically complicated patients with resistant ACS who are not deemed safe candidates for general anesthesia
- These patients may benefit from a shortened course of AC with SSNB and OMM in the ambulatory setting.

### References

1. Fernandes MR. Patient-reported measures of quality of life and functional capacity in adhesive capsulitis. Rev Assoc Med Bras 2017; 63(4):347-354
2. Kivimaki et al. Manipulation under anesthesia with home exercises versus home exercises alone in the treatment of frozen shoulder: a randomized, controlled trial with 125 patients. J Shoulder Elbow Surg 2007 Nov-Dec;16(6):722

