

Shock wave therapy and ultrasound therapy plus exercises for frozen shoulder joint clients

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Purpose: The aim of this study is to assess influence of shockwave therapy plus exercise and ultrasound therapy plus exercises on pain severity and range of motion with frozen shoulder joint patients.

Patients: twenty patients with frozen shoulder joint patients, illness time ranging between 2-9 months participated in this study at Palestine Ahliya University. They were randomly chosen from ortho pedic surgeon assigned into 2 equal groups. Each group consists of ten patients.

Methods: Patients were analyzed pre and post treatment for shoulder pain severity by pain scale (VAS) and range of motion (ROM) of the shoulder joint by using goniometer. Group (A) received shock wave therapy, 2000 impulses per session, an energy flex density of 0.22mJ/mm², pulse rate 10/sec and frequency 1-15 Hz plus an exercise program.

Group (B) received ultrasound with a frequency of 3MH, and intensity 1w/cm was applied on the affected shoulder at the site of pain using ultrasound gel for 5 minute plus the same exercise program. The two groups received treatment 3 times per week for 4 weeks.

Results: (SWT) plus exercises and (UST) plus exercise were effective in decreasing shoulder joint pain and increase ROM. Moreover, (SWT) group was the most influential in decreasing pain and exaggerating range of motion of the shoulder joint.

Conclusions: (SWT) group and (UST) group are beneficial in decreasing pain and increasing range of motion with frozen shoulder joint and should emphasis added to the physical therapy program.

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