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Focus extracorporeal shockwave therapy improves immediate and short-term functional outcomes in frozen shoulder: A preliminary study

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Frozen shoulder occurs in approximately 2-5% of the general population which is 2-4 times more common in women than men, and is most frequently seen in individuals between 40 and 60 years of age. Frozen shoulder has many complications such as sleep disturbance, impaired performance in daily activities, and personal grooming. Although it has been described as a self-limiting disorder that resolves spontaneously within one to three years, a certain percentage (between 20% to 50%) of patients suffer long-term shoulder functional deficit. Extracorporeal shockwave therapy (ESWT) appears to be a promising treatment in tendinopathy but there are only a few literatures focused on its effectiveness on frozen shoulder and the results were not consistent. This study was created to determine the effectiveness of ESWT in frozen shoulder. Twelve frozen shoulder patients who received physical therapy and medication for 3 months without definite improving were included in this study. They received ESWT treatment once a week for 1-2 times, which depends on patient's response. In short period of follow (7.0±3.2, 2-12 weeks), most patients showed significant improved in pain (visual analogue scale from 8.57 to 6.57) and Oxford shoulder score (from 25.7 to 34.6). Moreover, range of motion in all directions also showed marked increase (Constant Shoulder Score (from 34.1 to 53.8)). Up to 2 ESWT treatments can result in effective improvement on intractable frozen shoulder in short time period. The quicker patient can return to quality of life, relief of pain and restore daily activity in patient the more improve physiological health care quality.

Biography

Wei-Tso Chia has completed his PhD from National Defense Medical Center, Taiwan. He is the Director of Orthopaedic Department of National Taiwan University Hospital Hsin-Chu Branch. He has published more than 25 papers in reputed journals and has been serving as a Reviewer of *Clinical Nursing Research*.

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