

## *Frozen Shoulder...Is Manipulation a good option?*

**Question:** Is there a benefit to manipulation under anaesthesia in patients with frozen shoulder?

**The Study:** This was a blinded randomized trial with a 1-year follow-up conducted in Finland.

125 patients with frozen shoulder were randomized to either a manipulation group or control group. All the patients in BOTH group received specific therapeutic exercises by physiotherapists.

**The Result:** Although small improvements in ROM were noted immediately following the manipulation, after 3, 6 and 12 months, the 2 groups were SIMILAR with respect to shoulder pain and function.

Interestingly, after 1 year, both groups had only minimal pain and functional loss.

**Clinical Relevance:** If your patients ask you, "*Should I get the orthopaedic surgeon to do a manipulation under anaesthesia on my shoulder?*"

You may simply answer, "*Based on the study from 2 months ago published in the Journal of Shoulder & Elbow Surgery, Physiotherapy and home exercises are just as effective as manipulation in the short and long term. Just appreciate that this condition will take several months to fully resolve!*"

☒ **Reference:** Kivimäki J, 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):722-6. Epub 2007 Oct 10.