

Management of Adhesive Capsulitis with Landmark Guided High Volume Steroid Injections in the Community Based Musculoskeletal Clinic

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Ann Rheum Dis 2016;75:854-855 doi:10.1136/annrheumdis-2016-eular.2799; June 2016

Objectives:

To assess whether landmark guided high volume steroid injections combined with home based unsupervised stretching exercises are effective in the treatment of frozen shoulder.

All patients diagnosed with Frozen shoulder during 1st appointment between September 2013 and August 2015 were included in the audit.

Results:

90 patients were treated within the study period. 35.6% (32) of patients were male and 64.4% (58) were female. The mean age of the patients was 56.6 years.

54.4% of patient had duration of symptoms from 1–6 months, 37.8% of patient had duration of symptoms from 7–12 months, 6.7% had duration of symptoms from 13–18 months and 1.1% - 1 patient had symptoms for 24 months.

29 patients (32.2%) had ≥ 30 ml of fluid injected in the glenohumeral joint (GHJ). 48 patients (53.3%) had 10 ml injected the GHJ. 10 patients (11.1%) had ≥ 20 ml injected in the GHJ. 3 patients (3.3%) had 15ml volume injection. 35 (38.8%) patients required more than 1 injection.

Overall, during study period 3 (3.3%) patients required further orthopaedic management. 96.7% of patients were satisfied with the management and declined further orthopaedic referral during follow up appointment.

Conclusions:

Landmark guided high volume steroid injections combined with stretching exercises are effective at relieving symptoms of frozen shoulder. This treatment can be recommended before considering further secondary care orthopaedics interventions.