

Outcome of Adhesive capsulitis following Physiotherapeutic intervention related to HbA1C and its effect on Shoulder Joint disability.

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Abstract

Adhesive capsulitis (AC) of shoulder is a common medical condition which occurs in 2-5 % of the population incidence of AC is reported to be five times higher in patients with Diabetes. Aim: To study the correlation between the levels of HbA1c and the disability improvement. following physical therapy in patients with AC.

Methodology: A prospective interventional study on patients referred to physiotherapy with adhesive capsulitis was conducted. Outcome measures were analyzed using Shoulder Pain & Disability Index. All patients enrolled into the study are tested for HbA1c and followed by Physical Therapy interventions. Outcomes of physiotherapy intervention on SPADI score and improvement in Range of motion were collected and analyzed.



Results: 62% of patients referred for physiotherapy with adhesive capsulitis had diabetes, with a mean HbA1c of 7.8 %, 23% had pre-diabetes and 15 % had a HbA1c of <5.7%. The mean SPADI prior to intervention was 69 % in the whole group which improved to 46% post physiotherapy. Patients with Diabetes had a mean SPADI score of 61 % on initial evaluation and improved to 54% upon discharge. SPADI score had significant improvement in the Non diabetic group compared to the Diabetic group.

Outcomes: Results from initial observation showed a high incidence of diabetes among patients referred with adhesive capsulitis. Two patients were diagnosed as Diabetic post referral for Physiotherapy. In the patient cohort, the Diabetic group had greater disability, pain and decreased rate of improvement in Range of motion of the shoulder joint compared to the Non diabetic group.

Biography: Mr. Roy Mathew has completed his Master's Degree in Physiotherapy from India and acquired Certified Manual Therapy from Manual Concepts, Australia. He is currently working as a Physiotherapy Specialist with Hamad Medical Corporation Doha, Qatar since 2006. He also possesses a Certified practitioner in Mechanical Diagnosis and Therapy, McKenzie Institute, New Zealand. [29th World Diabetes & Heart Congress](#); Tokyo, Japan June 23-24, 2020.

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