

عنوان مقاله:

Physical Therapy and Manipulation under Anesthesia for Patients with a Frozen Shoulder

محل انتشار:

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خلاصه مقاله:

Frozen Shoulder (FS) has been a common disease that causes notable morbidity. Conservative treatments starting from oral medication, physical therapy, exercise, steroid injection, and hydrodilatation can be chosen before surgical procedure. Recently, there are many arguments regarding the Manipulation Under Anesthesia (MUA) procedure whether it is good or bad compared to physical therapy. This study was carried out by reviewing and searching journals with the keywords "bursitis", "frozen shoulder", "physical therapy", "manipulation under anesthesia", and "conservative" on the search engines. From 47 journals that were reviewed, 45 were found composed as references for this review. There is no exact consensus from few pieces of literature to define which FS patients will benefit the most following the MUA procedure. Physical therapy or home exercise is still the first-line treatment for FS. Most of the cases showed that this first line of treatment is capable of resolving FS. Physical therapy has its place in every phase of the FS, starting from the freezing until the thawing phase. It seems that physical therapy is still the most important treatment to be applied as most of the studies reported satisfaction alongside the combination of other conservative treatments.

کلمات کلیدی:

Bursitis, Frozen shoulder, Physical Therapy, Manipulation Under Anesthesia, Conservative

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