

Long-Term Efficacy Of Bone Decompression Technique Combines With Facia Decompression Technique In Frozen Shoulder

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BACKGROUND:

Frozen shoulder has always been considered important because of the impact on the quality-of-life and long period of illness. Therefore, the use of efficacious and safe techniques that can speed up the healing process of the disease and maintain long-term effect is important.

METHODS:

This study was a randomized clinical trial study on patients suffering from frozen shoulder who were referred to Department of Acupotomy (Zhendao), Second Affiliated Hospital of Nanjing Medical University in 2011 and 2013. A total of 120 patients were enrolled in the study. Eligible patients were allocated into two groups. Decompression group received Bone decompression technique by using Type T bone decompression needle combine with facia decompression technique by using acupotomy once a week for 8 weeks. The drilling tip of Type T Bone Decompression Needle is 1mm in diameter, and it penetrated into the proximal humerus in 2cm. The width of Zhendao instrument' s blade for the practice of acupotomy is 0.8mm. The control group received shockwave therapy once a week for 4 weeks. On the follow-up period, changes in individual performance and the amount of pain and disability were assessed by the Shoulder Pain and Disability Index (SPADI) questionnaire and the range of motion changes were assessed by a goniometer. Data obtained were analyzed using SPSS software.

RESULTS:

Variance analysis revealed a difference in the mean pain and

disability score of the SPADI questionnaire, flexion, extension, and abduction, external rotation of involved shoulder between two groups before and 1week($P < 0.05$), 1 month($P < 0.05$), 1year ($P < 0.05$) after the therapy. Improvement was more satisfactory in the decompression group, furthermore, the mean internal rotation improve significantly in decompression groups ($P < 0.05$).

CONCLUSIONS:

The use of bone decompression technique combines with facia decompression technique seems to have positive long-term effects on treatment, quicker return to daily activities, and quality-of-life improvement on frozen shoulder.