

# A Comparative Study between the Effects of Maitland and Mulligan Mobilisation on Range of Motion in Adhesive Capsulitis: A Literature Review

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## ABSTRACT

The term "frozen shoulder" was first introduced by Codman in 1934. He described a painful shoulder condition of insidious onset that was associated with stiffness and difficulty sleeping on the affected side. Frozen shoulder can be a primary or idiopathic problem or it may be associated with another systemic illness. A variety of interventions are used by physiotherapists to reduce pain and disability which includes exercise and electrotherapy along with different types of mobilisations such as Maitland and Mulligan mobilization. Despite of many studies, there are no studies found in the literature on the

superiority between these 2 techniques. This study aims to compare the effects of Maitland and Mulligan Mobilization on Range of Motion in Adhesive Capsulitis. A computer search of peer reviewed articles from databases such as PubMed (National library of medicine) Google Scholar Medline, Research Gate, was conducted focussing on studies published from 2010 to 2024. Studies show that the Mulligan Mobilization to provide much better results in increasing range of motion of patients of adhesive capsulitis.

**Keywords:** Frozen shoulder, Idiopathic, Stiffness.