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Efficacy of Muscle Energy Technique versus Conventional Treatment on Pain, Range of Motion, Functional Disability and Quality of Sleep in Patients with Idiopathic Adhesive Capsulitis

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ABSTRACT

Introduction: Adhesive capsulitis is a common musculoskeletal disorder and is defined as a condition in which inflammation of the joint capsule that preserves the glenohumeral joint give rise to pain, stiffness, along with tightness during movement of glenohumeral joint.

Aim: To evaluate the efficacy of Muscle Energy Technique (MET) along with conventional treatment and conventional treatment alone on pain, range of motion, functional disability and quality of sleep in patients with adhesive capsulitis.

Materials and Methods: A total of 26 participants were included. Patients were divided into 2 groups Group A and Group B. Both male and females were included of 40-60 years of age, 2nd and 3rd stage of idiopathic adhesive capsulitis, unilateral involvement, having painful stiff shoulder for at least 3 months. Group A received MET along with conventional treatment and Group B received conventional treatment. Pre intervention measurements was taken on day 1 before treatment and post treatment measurements was taken on day 21 after treatment for pain, range of motion, functional disability and quality of sleep. The study protocol has been approved by the Institutional Ethics Committee of Saket College of Physiotherapy, Chandimandir, Panchkula. The study is registered under Clinical Trials Registry - India with Registration No. CTRI/2024/02/062932.

Results: Within group analysis was done using t-test and for between group t-test and non parametric test were used. There is a significant reduction in pain, increase in shoulder flexion, extension, abduction, external and internal rotation, reduces functional disability and improves quality of sleep ($p<0.05$).

Conclusion: The study finding demonstrated that both MET along with conventional and conventional treatment alone were effective but MET along with conventional treatment was more effective for reducing pain, improving range of motion, reducing functional disability and improving quality of sleep.

Keywords: Glenohumeral joint, Shoulder flexion, Stiff shoulder

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