

# Comparative Effectiveness of Deep Friction Massage on Coracobrachialis in Adjunct to Conventional Physiotherapy Treatment in Patient with Adhesive Capsulitis

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## ABSTRACT

**Introduction:** Adhesive capsulitis, commonly known as frozen shoulder, is characterised by pain and restricted Range Of Motion (ROM) in the shoulder joint. The coracobrachialis muscle is often implicated in limiting shoulder mobility due to its role in flexion and adduction. While Conventional Physiotherapy (CPT) remains the standard treatment, the addition of targeted Deep Friction Massage (DFM) may enhance therapeutic outcomes.

**Methodology:** A randomised controlled trial was conducted involving patients diagnosed with adhesive capsulitis. Participants were divided into two groups: the experimental group received DFM on the coracobrachialis along with CPT, while the control group received only CPT. Treatment was administered [3 sessions for 4 week]. Outcome measures included pain (using the Visual Analogue Scale) and shoulder ROM (flexion, abduction, and external rotation).

**Result:** The experimental group demonstrated statistically significant improvements in pain reduction ( $p < 0.001$ ), and increased ROM ( $p < 0.001$ ), compared to the control group. The addition of DFM at coracobrachialis resulted in a faster and more sustained improvement, particularly in shoulder flexion and abduction.

**Conclusion:** Deep friction massage on the coracobrachialis as an adjunct to conventional physiotherapy is more effective than conventional physiotherapy alone in reducing pain and improving shoulder ROM and function in patients with adhesive capsulitis. Incorporating DFM into rehabilitation programmes may enhance recovery outcomes.

**Keywords:** Adhesive capsulitis, Deep friction massage, Coracobrachialis, Physiotherapy, Shoulder rehabilitation

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