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Mechanical Diagnosis and Treatment for Differential Diagnosis of Case Presenting as Diabetic Adhesive Capsulitis: A Case Study

SHEENA ARORA[1], KSHITIJA BANSAL[2]

ABSTRACT

Introduction: Adhesive Capsulitis is a debilitating disease which affects passive and active range of motion at shoulder joint. It is commonly seen in people suffering from diabetes specially females.

Aim: The purpose of this case study is to evaluates the potency of Mechanical Diagnosis and Therapy (MDT) in assessment and management of patients clinically diagnosed as diabetic adhesive capsulitis and its long-term/prophylactic effects.

Material and Methods: This is a case study on a 60-year-old female presenting with bilateral shoulder pain with diabetes. She had right shoulder pain for past 2 months that started insidiously whereas pain in left shoulder started post fall 3 months back. At initial examination VAS was 7/10 for right shoulder with limited Range Of Motion (ROM) in all planes of motion whereas for left shoulder it was 4/10 with limitation mostly restricted to end range internal rotation. Decrease in functionality was also reported by using Upper Extremity Functional Index (UEFI) - 14/80 on right and 63/80 on left. She was assessed through MDT and it was confirmed on 2nd visit that right shoulder had derangement syndrome whereas left shoulder had dysfunction syndrome and was managed accordingly.

Results: After 6 visits at 2nd week, the pain in right shoulder improved markedly with increase in range of motion and functionality (55/80=68.75%) whereas in left shoulder there was not much improvement in ERP or functionality (63/80=78.75%). She was asked to continue her treatment for both the shoulders at home for another 4 weeks. On follow up at 6th week, the right shoulder remained better (VAS - 1/10, UEFI - 74/80=92.5%) and improvement in left shoulder was observed as well (VAS - 2/10 (ERP), complete IR and UEFI - 80/80=100%).

Conclusion: The patient demonstrated significant improvement in pain, range of motion and functionality on being assessed and treated by MDT.

Implications: This study suggests that MDT may be used in further studies to fully explore its potential as assessment and management tool and also as a prophylactic treatment to prevent relapse of diabetic adhesive capsulitis.

Keywords: Mechanical diagnosis and treatment, Shoulder Pain, Diabetic Adhesive Capsulitis

PARTICULARS OF CONTRIBUTORS:

1. PhD Scholar, Department of Physiotherapy, School of Allied Health Sciences, Manav Rachna International Institute of Research and Studies (Deemed to be University), Faridabad, Haryana, India.
2. Professor, Department of Physiotherapy, School of Allied Health Sciences, Manav Rachna International Institute of Research and Studies (Deemed to be University), Faridabad, Haryana, India.

NAME, ADDRESS, E-MAIL ID OF THE CORRESPONDING AUTHOR:

Sheena Arora,
PhD Scholar, Department of Physiotherapy, School of Allied Health Sciences, Manav Rachna International Institute of Research and Studies (Deemed to be University), Faridabad-121004, Haryana, India.
Email: sheena.arora.81989@gmail.com