

Exploring the Efficacy of Capsular Stretching in Restoring Mobility in Adhesive Capsulitis: A Narrative Review

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ABSTRACT

Introduction: Frozen Shoulder also known as Adhesive Capsulitis is a common shoulder condition marked by pain and a gradual loss of shoulder movement. Capsular Stretching improves shoulder mobility, reducing stiffness and alleviating pain by enhancing joint elasticity and reducing restrictions in movement. The extent of research on its effectiveness and clinical integration is still limited.

Aim: To assess the existing literature on the effectiveness of Capsular stretching, identify the limitation of previous studies, and justify the need for further research.

Methods: A search was conducted on several databases such as Google Scholar, PubMed, and Scopus, from the year 2014 to 2024 by using keywords: "Adhesive Capsulitis", "Capsular Stretching", "mobility". 680 articles were identified. Using eligibility criteria 7 studies published in English in last 10 years focusing on Adhesive Capsulitis management were included and narratively analysed for key findings,

gaps and outcomes like pain relief, Range of Motion, functional disability. The articles were checked thoroughly and only full text articles were included for this review. The duration of intervention varied across studies, ranging from 3 to 6 weeks, depending on the rehabilitation protocol used. These articles were reviewed in a narrative way.

Results: As a result, this review appears to show significant improvement in the pain, ROM and functional mobility.

Conclusions: Capsular Stretching is an effective strategy for AC management. Recommendations should be directed towards the development of rehabilitation programmes that encompass these interventions to achieve superior clinical outcomes and patient satisfaction.

Implications: Healthcare professionals should consider integrating Capsular Stretching into rehabilitation programmes for patients with AC.

Keywords: Adhesive Capsulitis, Capsular Stretching, Mobility

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