

Effect of Interferential Therapy over Ultrasound Therapy with Common Protocol of Manual Therapy in Grade - II Frozen Shoulder

Ekisha Gaba, Jasobanta Sethi and Mona Bhardwaj

Abstract

Aim: The aim of the study was to compare the effect of interferential therapy over ultrasound therapy with common protocol of manual therapy in grade -II frozen shoulder. **Method:** Twenty patients in the age range 35- 65 years having frozen shoulder was selected in the study. Subjects were selected randomly and divided into two groups. One group received interferential therapy, hot pack, shoulder wheel and manual mobilization and other group received ultrasound therapy, hot pack, shoulder wheel and manual mobilization. The regime was taken for two weeks. Patients received treatment every day for two weeks. The outcome of the post-treatment was measured in terms of PAIN and ROM (flexion, extension and abduction) and SPADI score. ROM and PAIN was measured at the end of every seven days. **Results:** The result showed a significant difference in group A ROM and mild difference in group B ROM. There is no significant difference in pain and disability with both groups. Interferential therapy showed significant improvement in ROM of flexion, extension and abduction in patients with frozen shoulder. Ultrasound therapy helped to improve the tissue structure of glenohumeral joint. There was no significant difference in pain and disability index of shoulder joint. Both interferential therapy and ultrasound therapy helped to decrease pain and disability. Therefore, for pain management both interferential therapy and ultrasound therapy can be utilized as treatment option whereas for ROM interferential therapy has shown significant improvement in patients with frozen shoulder. **Conclusion:** For pain management both interferential therapy and ultrasound therapy can be utilized as treatment option whereas for ROM interferential therapy has shown significant improvement in patients with frozen shoulder.

Ekisha Gaba

B.P.T.Intern

Amity Institute of Physiotherapy
Amity University, Noida , Uttar Pradesh
E-mail: iamekigaba@gmail.com

Jasobanta Sethi

Director and Professor
Amity Institute of Physiotherapy
Amity University, Noida , Uttar Pradesh
E-mail: jsethi@amity.edu

Mona Bhardwaj

Physiotherapist
Taravati Charitable Health Centre
monabharadwaj89@gmail.com

Key Words: Pain, ROM, SPADI

DOI: 10.18376/jesp/2020/v16/i2/157454

Introduction

Frozen shoulder^[1] or adhesive capsulitis is a distinct clinical syndrome associated with spontaneous onset of gradual progressive pain and restricted range of motion (Martin et al., 2009 ; Nathaniel