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Effectiveness of PNF and Rotator Cuff Strengthening exercise for person of adhesive capsulitis

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We use this protocol and it's working

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Abstract

This protocol describes a multimodal physiotherapy approach combining Proprioceptive Neuromuscular Facilitation (PNF), capsular stretching, and rotator cuff strengthening exercises for individuals with adhesive capsulitis, evaluated through a pre-test post-test non-randomized trial. The intervention is administered over six weeks with outcome measures including NPRS, goniometer-based ROM, SPADI, and MMT. The expected results are significant reductions in pain, improved shoulder range of motion, enhanced rotator cuff strength, and better functional performance. These findings may support integrated therapeutic strategies for managing adhesive capsulitis in clinical practice.

Attachments



[202412.pdf](#)

208KB



[treatment protocol.d...](#)

14KB

Guidelines

Participants will be recruited based on clinical diagnosis of adhesive capsulitis with informed consent obtained before starting. Baseline assessments (NPRS, ROM, SPADI, MMT) must be completed, and interventions applied under supervision with safety precautions to avoid pain or injury. The study will follow standardized exercise protocols over six weeks, ensuring consistency and documentation. Ethical approval, confidentiality, and participants' right to withdraw will be strictly maintained in line with the Declaration of Helsinki.



Materials

1. Numeric Pain Rating Scale (NPRS) for pain;
2. Goniometer for AROM/PROM measure;
3. Shoulder Pain and Disability Index (SPDI) for functional activities;
4. Hand-held dynamometer (Manual Muscle Testing for rotator cuff strength).

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