International Journal of Healthcare Education & Medical Informatics
CHETPHYSIOCON 2024 Conference
1-June-2024

Effects of Low-Level Laser Therapy with Deep Friction Massage on Pain, Range of Motion and Functional Activities in Individuals with Adhesive Capsulitis

Kokila K[1], Hepisibah Rubella D[2]

[1]Post graduate Student, [2]Assistant Professor, Faculty of physiotherapy, Sri Ramachandra Institute of Higher Education and Research,(SRIHER),Porur, Chennai.

E-mail Id: kokilakarunakaran99@gmail.com

Abstract

*Introduction:*The condition known as “frozen shoulder,” commonly referred to as “adhesive capsulitis. it is an inflammatory condition characterized by shoulder stiffness, pain, and significant loss of passive range of motion.

Methods: A randomized controlled trial was conducted in patients with adhesive capsulitis. individuals with adhesive capsulitis of both genders of age between 30 to 60 years was recruited for the study. the participants were divided into two groups, experimental and control group. pre-test assessment on pain, range of motion and functional activity was taken. experimental group received low level laser therapy and deep friction massage whereas control group received therapeutic ultrasound and conventional exercises for four weeks on alternate days. according to walt recommendations for 808nm, minimum area/points used was 2-4, minimum 8 joules per point, was considered as a dosage protocol. the post test of the outcomes were measured and the statistical significant difference was analyzed between both the groups.

Results: The study was conducted with 20 participants in experimental group and 20 participants in control group, on performing parametric test the relationship between nprs for pre and post intervention is statistically significant ($p < 0.0001$). the relationship between spadi for pre and post intervention is statistically significant ($p<0.0001$). the relationship between abduction rom for pre and post intervention is statistically significant ($p < 0.0001$). the relationship between external rom for pre and post intervention is statistically significant ($p<0.0001$).

Conclusion: This study found that low-level laser therapy with deep friction massage has potential benefits in treating patients with adhesive capsulitis.

International Journal of Healthcare Education & Medical Informatics (ISSN: 2455-9199)