

Comparative Effects Of Spencer and Reverse Distraction Technique In Patients With Adhesive Capsulitis

NCT06407817

Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	50 participants

Key Eligibility Criteria

Inclusion (5)

- Age group 40-60 years
- Male and female
- Positive Capsular pattern (ER more limited than Abd which is more limited than IR)
- Limitation in shoulder ROM ; Flexion ≤ 180 , Abduction ≤ 180 , External Rotation ≤ 50
- Patients of stage 2 and 3 of adhesive capsulitis

Exclusion (5)

- History of surgery of the affected shoulder
- Fractures in around the shoulder
- Neurological disorders leading to altered muscle activity
- Systemic arthritic conditions (RA, Osteoporosis)
- Disorders of the cervical spine

Locations (1 total)

Johar Pain Relief Center, Lahore, Punjab Province, Pakistan