

Comparing HILT, Steroid Injection, and Manual Therapy for Frozen Shoulder

NCT06916650

Status	RECRUITING
Phase	Not Applicable
Sponsor	Al Hayah University In Cairo
Enrollment	180 participants

Key Eligibility Criteria

Inclusion (4)

- Age between 40 and 70 years, inclusive. Clinical diagnosis of primary (idiopathic) frozen shoulder, defined by shoulder pain and e50% restriction in passive external rotation compared to the contralateral (unaffected) shoulder.
- Symptom duration between 3 and 9 months. Average shoulder pain intensity e 4 on a 10-cm Visual Analogue Scale (VAS) over the past week.
- Normal or age-appropriate radiographic findings of the glenohumeral joint (ruling out significant arthritis, fractures, calcific tendinitis).
- Willingness and ability to attend scheduled treatment/assessment sessions. Ability to understand study procedures and provide written informed consent.

Exclusion (8)

- Secondary frozen shoulder (e.g., post-traumatic, post-surgical, related to systemic disease like diabetes - clarify if diabetes is excluded or just secondary FS from diabetes).
- Clinical or imaging evidence of significant rotator cuff tear requiring specific management.
- Radiographic evidence of moderate to severe glenohumeral osteoarthritis (e.g., Kellgren-Lawrence grade e 3).
- Previous surgery on the index shoulder. Significant neurological disorders affecting shoulder or upper extremity function (e.g., cervical radiculopathy, stroke).
- Received a corticosteroid injection in the index shoulder within the past 3 months.

... and 3 more (see full listing online)

Locations (1 total)

Faculty of Physical Therapy, Al Hayah University, Cairo, Egypt