

# ARTHROGRAPHIC HYDRODISTENSION FOR FROZEN SHOULDER

*A Physiotherapy-led initiative in Primary Care*

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"I wake up every night with severe pain!"

"The pain is excruciating when I reach out"

"My daughter has to help me to wash my hair"

## The Challenge

Frozen shoulder is a common shoulder problem characterised by relentless pain, severe sleep disturbance, substantial morbidity and loss of function for a protracted period of up to two years (Nevasier 1987). The genders are affected equally with a peak onset of 52 years for men and 55 for women. Prevalence rates are reported as 2% - 5% for the general population and 10% - 20% for people with diabetes (Anton 1993). Encouragingly, early intervention in the form of guided glenohumeral intra-articular distension procedures has demonstrated significant improvement (Buchbinder 2004) with a numbers needed to treat figure of 2 for pain reduction and 3 for improvement in movement and function.

## Current practice

Glenohumeral joint distension is currently performed in hospitals. The care pathway typically involves referral by the GP to Orthopaedics followed by referral to Radiology followed by review in Orthopaedics. The current pathway is time consuming (up to 18 weeks) and expensive.

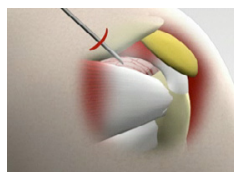
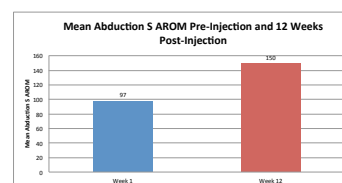
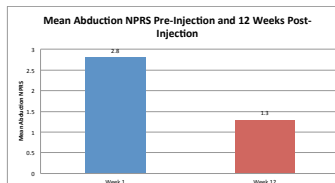
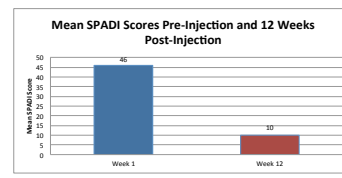
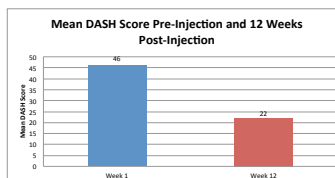
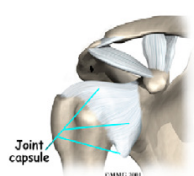
## The Response

Appropriately trained physiotherapists to perform arthrographic joint distension for people with frozen shoulder in primary care.

Earlier, more efficient and cost effective care closer to the patient's home using one location for assessment, intervention and follow-up.

## Results

100% of patients felt that they had improved slightly or substantially  
The mean improvements in the outcome measures were statistically significant  
The mean improvement in pain and range of motion was clinically significant  
Health economic analysis demonstrated significant savings for the new pathway



	Cost per patient Traditional Pathway	Cost per patient Shine Pathway	Difference
Equipment	£16.00	£10.00	- £6.00
Staff	£250.68	£121.00	- £129.68
Total			- £135.68

"Sleeping through the night has hugely improved my quality of life"

The improvement in the movement was almost immediate and I can now carry out all of my everyday activities and have gone back to swimming

Top class service – better than private!