

The effect of isometric training to decrease pain and increase range of motion in patients with frozen shoulder

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Purpose and background: The main purpose of present research was the determination of the effects of isometric exercise on pain reduction and increase in range of motion in frozen shoulder patients. **Method:** of study: 30 persons including 8 men and 22 women who were suffering from frozen shoulder (with age average: 48.8 ± 6.3 years old, weight: 75.42 ± 6.2 kilogram) were the subjects of present research that had been chosen by initial screening that randomly classified into two equal groups: experimental (isometric exercise physiotherapy treatments) and control (physiotherapy treatments). Subjects did the isometric exercise program every day at their own house and three sessions in week at physiotherapy centers of Rasht city for eight weeks. Exercise program was done in 15 repetition and every repetition involving 3 seconds contraction and 3 seconds rest. In this period, also control group just three sessions in week received methods of treatment prescribed by doctor. Flexion range of motion, abduction and the amount of pain of the subjects were assessed in two groups of research before and after of 8 weeks by means of goniometer and MC gill pain question naïve. For comparing the results before and after of the exercise, statistical paired-samples T test and Wilcoxon for comparing the results of two groups together, independent samples T test and Mann -Whitney U was used; in cases, also significant level of (p

Keywords : frozen shoulder, isometric exercise, range of motion, pain reduction.

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