

# INPLASY

## MANAGEMENT AND TREATMENT IN ADHESIVE SHOULDER CAPSULITIS: A SYSTEMATIC REVIEW

INPLASY202440066

doi: 10.37766/inplasy2024.4.0066

Received: 16 April 2024

Published: 16 April 2024

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### ADMINISTRATIVE INFORMATION

**Support** - by own means.

**Review Stage at time of this submission** - Completed but not published.

**Conflicts of interest** - None declared.

**INPLASY registration number:** INPLASY202440066

**Amendments** - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 16 April 2024 and was last updated on 16 April 2024.

### INTRODUCTION

**Review question / Objective** Objective: To analyze the management and treatment of adhesive capsulitis of the shoulder, from a current perspective. **Methods:** The study was based on a systematic review, in which writings covering the last 20 years were initially collected, with the following keywords: shoulder adhesive capsulitis, management and treatment, orthopedics and traumatology. Thus, searches were carried out in the following databases: Google Scholar, LILACS, Scielo, among other important sources. The exclusion criteria were articles published more than 20 years ago and studies unrelated to the topic in question, in Portuguese and English. 43 articles were collected, of which only 29 were included in this analysis. **Results:** Research has shown that there are a series of approaches and, depending on the stage

of this pathology, existing treatments bring good results and low rates of complications. **Conclusion:** The conduct and treatment of adhesive capsulitis proved to be quite effective, however, this pathology requires basic protocols for better elucidation and greater safety in its management.

**Rationale** Adhesive capsulitis is a much discussed topic in the orthopedic field. presents several treatments without a well-defined consensus. The study aims to evaluate possible treatments for adhesive capsulitis that are beneficial for the patient.

**Condition being studied** Shoulder adhesive capsulitis presents itself as a pathology in which the main complaint is severe pain in the shoulder and according to the American Academy of Orthopedic Surgeons, it is a condition where there is a progressive limitation of movement around the

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joint. , passive or active, with varying levels of commitment.

## METHODS

**Search strategy** The study was based on a systematic review, in which writings covering the last 20 years were initially collected, with the following keywords: shoulder adhesive capsulitis, management and treatment, orthopedics and traumatology. Thus, searches were carried out in the following databases: Google Scholar, LILACS, Scielo, among other important sources. The exclusion criteria were articles published more than 20 years ago and studies unrelated to the topic in question, in Portuguese and English. 43 articles were collected, of which only 29 were included in this analysis.

**Participant or population** First, data relating to the topic was collected using the following keywords: Shoulder adhesive capsulitis. Conduct and treatment. Orthopedics and traumatology. The works were chosen based on reading abstracts and writings published up to 20 years ago, in Portuguese and English. Topics unrelated to the research were also discarded.

**Intervention** Diagnosis, conservative and surgical treatment, clinical evolution.

**Comparator** conservative and surgical treatment.

**Study designs to be included** systematic review, case report.

**Eligibility criteria** studies that address the topic of adhesive capsulitis talking about the disease, diagnosis, treatment, patient recovery.

**Information sources** PubMed, Scielo, LILACS, Web of Science.

**Main outcome(s)** results on differences in treatment, diagnosis of the disease, relationship with other diseases.

**Quality assessment / Risk of bias analysis** GRADE (Grading of Recommendations Assessment, Development and Evaluation).

**Strategy of data synthesis** We collected data from reliable sources in the literature that addressed adhesive capsulitis. we integrated studies that talked about treatment, diagnosis, clinical evolution.

**Subgroup analysis** Pathophysiology, diagnosis, treatment.

**Sensitivity analysis** Of the 43 articles selected, only 29 were able to be added to this systematic review, and this selection took place from January to April 2024. Thus, it was possible to carry out a thorough evaluation of the results found, in order to provide support for a debate and to the conclusions obtained during this process.

**Country(ies) involved** Brazil.

**Keywords** Shoulder adhesive capsulitis; Conduct and treatment; Orthopedics and traumatology.

### Contributions of each author

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