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Title: To investigate the value of combining extracorporeal shock wave therapy with Baduanjin exercises in the treatment of patients with frozen shoulder.

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# Disclosures:

Jilin Province Peoples Hospital

All relevant financial disclosures have  
been mitigated.





# Objective:

- To investigate the value of combining extracorporeal shock wave therapy with Baduanjin exercises in the treatment of patients with frozen shoulder.



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# Methods:

- From April 2022 to August 2023, a total of 80 patients with frozen shoulder were enrolled in this study. The patients were randomly divided into two groups using a random number table method. The control group (40 patients) received extracorporeal shock wave therapy alone, while the observation group (40 patients) received both extracorporeal shock wave therapy and Baduanjin exercises. The recovery outcomes and clinical improvement were compared between the two groups after treatment.







## Results:

After treatment, the pain scores in the observation group were lower than those in the control group, with a statistically significant difference between the groups ( $P < 0.05$ ).



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# Conclusion:

- The combination of extracorporeal shock wave therapy with Baduanjin exercises for patients with frozen shoulder can achieve good results and promote overall recovery quality.



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