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Risk Factors For Frozen Shoulder And The Need For Intra-Articular Corticosteroid Injections

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Faculty Disclosure Information

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Introduction

- Frozen shoulder is a condition that causes pain, stiness, and loss or range or motion.

- There is little existing literature that has guided the need for intra-articular corticosteroid injections, and the association of the risk factors of adhesive capsulitis and the need for intra-articular corticosteroid injections. This study aimed to evaluate the relationship between the known risk factors and the need for injections.

Methods

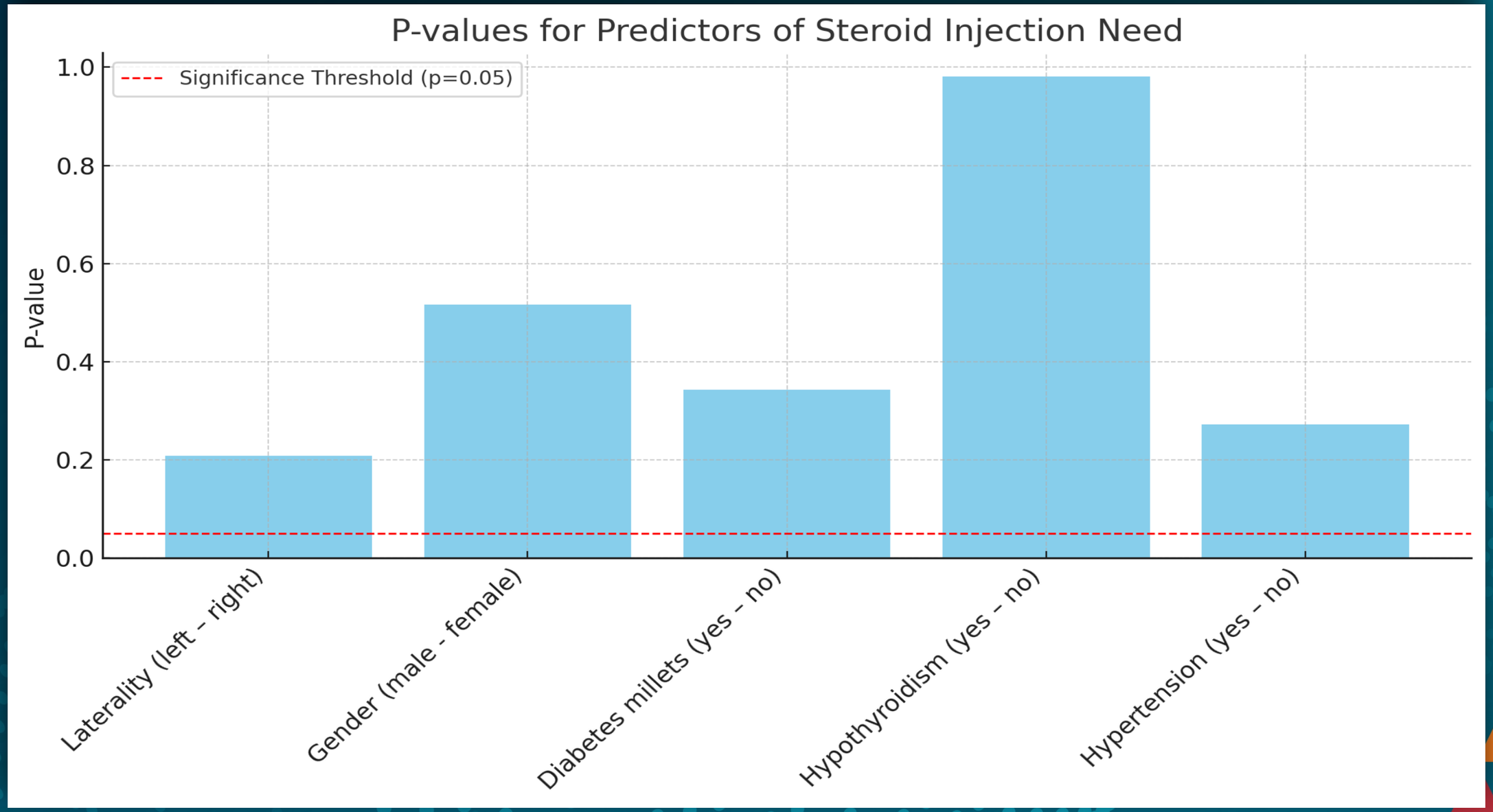
- A retrospective cohort study was done to establish the association between risk factors of adhesive capsulitis and the need for intra-articular corticosteroid injections in patients visiting our outpatient clinics from January 2022 to the end of December 2022.

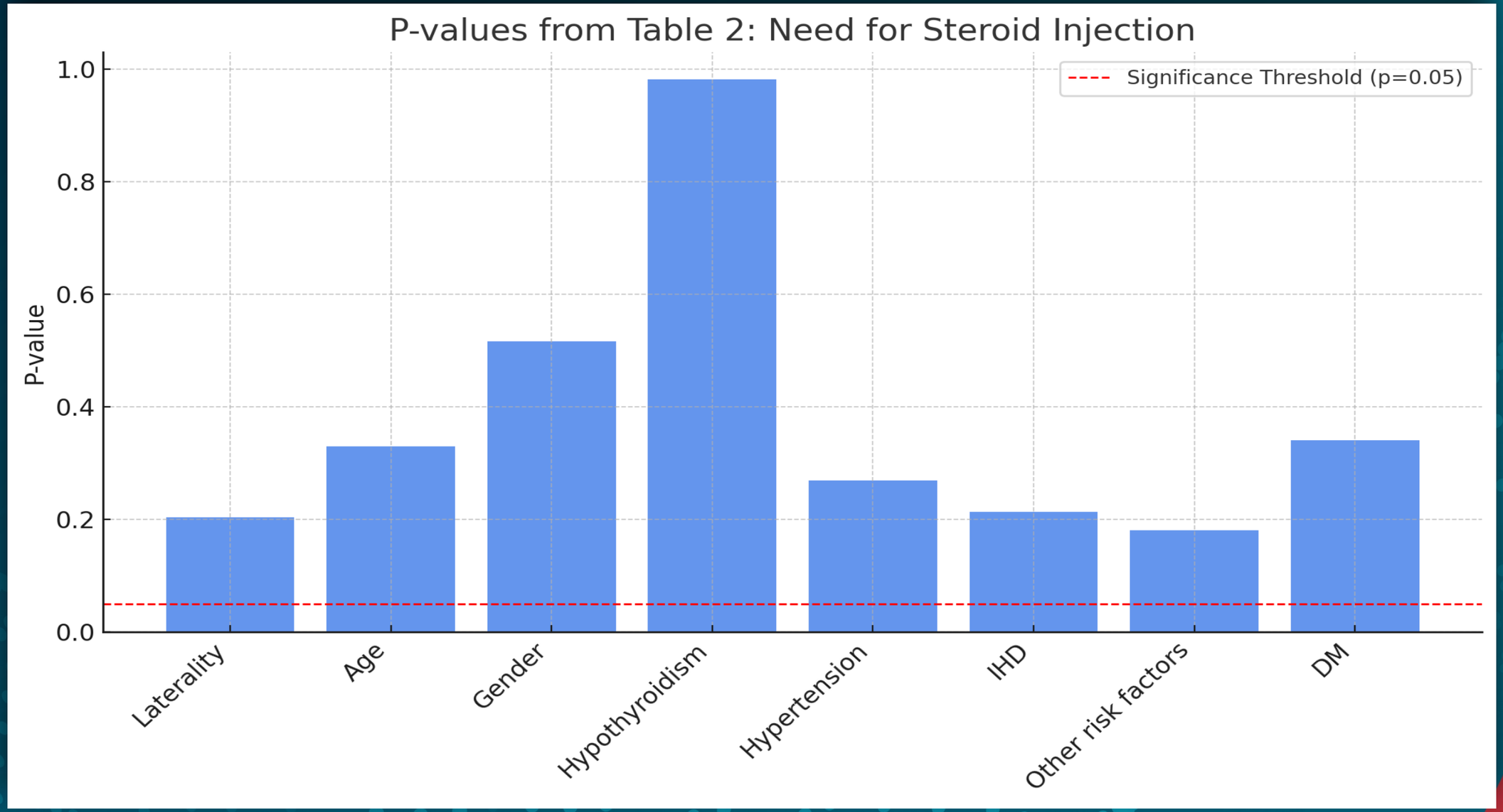
- During this period all patients diagnosed with primary adhesive capsulitis were included. To compare the participants who used steroids with those who did not, the chi-square test and linear model ANOVA were employed, depending on the type of data and the normality of its distribution. Furthermore, a binary logistic regression model was utilized to assess the predictive ability of demographic factors and comorbidities in determining the use of steroids.

Results

- There were 138 patients diagnosed with primary adhesive capsulitis. Patients were divided into two groups according to the need for intra-articular corticosteroid injection.

- **No** significant differences were found between the two groups regarding laterality, age, sex, hypothyroidism, hypertension, ischemic heart disease, diabetes millets, or other risk factors.


P-values for Predictors of Steroid Injection Need
Significance Threshold (p=0.05)
P-value
1.0
0.8
0.6
0.4
0.2
0.0
Laterality (left – right)
Gender (male - female)
Diabetes millets (yes – no)
Hypothyroidism (yes – no)
Hypertension (yes – no)


P-values from Table 2: Need for Steroid Injection
Significance Threshold (p=0.05)
P-value
1.0
0.8
0.6
0.4
0.2
0.0
Laterality
Age
Gender
Hypothyroidism
Hypertension
IHD
Other risk factors
DM

Conclusion

- **None** of the investigated factors (laterality, age, sex, hypothyroidism, hypertension, ischemic heart disease, diabetes millets, or other risk factors) have predicted the need for intra-articular corticosteroid injection. Further research is still needed to evaluate the relationship between other factors and the need for such injections to help guide treatment decisions.

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