

Short Term Outcome of Double Side Injections of Betamethasone for the Treatment of Early Stage Idiopathic Frozen Shoulder

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Summary:

Double side injections of betamethasone for the treatment of early stage idiopathic frozen shoulder could effectively relieve pain and improve the functions of shoulder .

Abstract:

OBJECTIVES: To evaluate the efficacy and safety of double side injections (glenohumeral cavity and subacromial injection) of betamethasone for the treatment of early stage idiopathic frozen shoulder(FS).

METHODS: The patients with idiopathic FS (n=126) were randomized into 3 groups. The patients include 48 men and 78 women aged 40 to 68 years. Group A were treated with double side injections of 1ml betamethasone and 5ml lidocaine, once a week for 5 weeks; Group B were injected with 1ml betamethasone and 5ml lidocaine in glenohumeral cavity only, once a week for 5 weeks; Group C were treated with NSAIDs drugs (celecoxib) 200 mg orally once daily for 5 weeks.

Thereafter all groups underwent a standardised physiotherapy treatment and compared with each other. The patients were assessed by the visual analog scale (VAS) for pain, the Constant-Murley score and range of motion 6 weeks, 3 and 6 months after the intervention.

RESULTS: No significant effect of VAS score on short-term outcome between group A and group B was found, while VAS score has significant difference for Group C compared with group A and group B, and there was a significant mean loss for Group C at latest follow-up. There were significant differences among the three groups in the Constant score and the abduction range of shoulder joint, and group A surpass group B, group B surpass group C obviously.

CONCLUSION: Double side injections of betamethasone for the treatment of early stage idiopathic frozen shoulder could effectively relieve pain and improve the functions of shoulder . Although patients benefitted from both techniques, double side injections of betamethasone is superior to arthrocentesis with intra-articular injection in glenohumeral cavity alone and oral treatment of NSAIDs drugs.