



Service Priorities and Programmes
Electronic Presentations

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Submitting author: Mr Heung Wing YAU

Post title: Physiotherapist I, Queen Mary Hospital, HKWC

Early physiotherapy intervention for frozen shoulder and uncomplicated shoulder pain patients in primary care setting

Yau HW(1), Kong CH (1), NG SM (1), Lam PL(1), Chiu KW(1), Kwong SK(2), Yeung WY(2), Ko W(2), Tsui W(2)

(1)Physiotherapy Department, David Trench Rehabilitation Centre, Queen Mary Hospital (2)Department of Family Medicine & Primary Health Care, Sai Ying Pun General Outpatient Clinic

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Introduction

Shoulder pain was common complaint for patients see in General Outpatient Clinic and Physiotherapy Outpatient Department. Comprehensive shoulder educational program was introduced to Nursing and Allied Health Centre in Tsan Yuk Hospital since October 2012.

Objectives

1. Provide health education to community with shoulder problem including shoulder pain and stiffness 2. Early detection with early physiotherapy intervention for patients with shoulder problem 3. To improve shoulder condition by home based exercises

Methodology

Patients presented with shoulder stiffness or mechanical shoulder pain without definite history of trauma or ligamentous damage were screened and recruited by General Outpatient Clinic. Patients participated 2 sessions shoulder educational program (90 minutes each). Program included physical examination, introduction of disease pathology, home management and home based shoulder exercise demonstration with practice. Telephone follow-up was performed one month after program completion. On telephone follow- up, if patients reported persistent shoulder problem, individual consultation would then be offered for further physiotherapy intervention.

Result

From October 2012 to February 2013, there were 45 patients with age ranged from 48-88 (mean=62; SD=8) completed the program. 60% of patients were females. Average waiting time to start / join the program was less than one month. 80% of patients attended both sessions and 69% completed one-month telephone follow up.

60% of patients reported their shoulder condition improved with home based exercises and over 90% of patients can continue home based exercises without further need of secondary care. This program suggested that early detection with early patient education plus physiotherapy home based exercises was effective in the management of frozen shoulder and uncomplicated shoulder pain in primary care setting. It could also help alleviate the need of secondary care and further interventions in physiotherapy centres.