

## Appendix 7.7 Capsular release

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### Study: Austgulen 2007<sup>87</sup>

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#### Outcome: Pain

Not reported

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### Study: Austgulen 2007<sup>87</sup>

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#### Outcome: Function and disability measured using the Oxford Shoulder score

<i>Intervention<sup>a</sup></i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>SD</i>		
Arthroscopic capsular release and PT	Baseline	66 (70 shoulders)	41	75		
<i>Intervention<sup>a</sup></i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean</i>	<i>SD</i>		<i>p-value</i>
Arthroscopic capsular release and PT	Postoperatively <sup>b</sup>	Unclear	18.4	7.3		<0.001

#### Outcome: Function and disability measured using a telephone questionnaire (ability to work)

<i>Intervention<sup>a</sup></i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>SD</i>		
Arthroscopic capsular release and PT	Baseline	66 (70 shoulders)	2.4	2.6		
<i>Intervention<sup>a</sup></i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean</i>	<i>SD</i>		<i>p-value</i>
Arthroscopic capsular release and PT	Postoperatively <sup>b</sup>	Unclear	7.4	2.5		<0.001

#### Outcome: Function and disability measured using a telephone questionnaire (physical activity)

<i>Intervention<sup>a</sup></i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>SD</i>		
Arthroscopic capsular release and PT	Baseline	66 (70 shoulders)	2.3	2.5		
<i>Intervention<sup>a</sup></i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean</i>	<i>SD</i>		<i>p-value</i>
Arthroscopic capsular release and PT	Postoperatively <sup>b</sup>	Unclear	7.4	2.4		<0.001

#### Outcome: Function and disability measured using a telephone questionnaire (sleep at night)

<i>Intervention<sup>a</sup></i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>SD</i>		
Arthroscopic capsular release and PT	Baseline	66 (70 shoulders)	1.7	2.5		
<i>Intervention<sup>a</sup></i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean</i>	<i>SD</i>		<i>p-value</i>
Arthroscopic capsular release and PT	Postoperatively <sup>b</sup>	Unclear	7.2	2.6		<0.001

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PT, physiotherapy.

a All patients received concomitant home exercise.

b Average follow-up was 10 months (range 3 to 29 months).

**Study: Austgulen 2007<sup>87</sup>****Outcome: Range of movement – abduction (°)**

<i>Intervention<sup>a</sup></i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>SD</i>	
Arthroscopic capsular release and PT	Baseline	66 (70 shoulders)	34	8	
<i>Intervention<sup>a</sup></i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean</i>	<i>SD</i>	<i>p-value</i>
Arthroscopic capsular release and PT	Postoperatively <sup>b</sup>	Unclear	154	37	<0.001

**Outcome: Range of movement – external rotation (°)**

<i>Intervention<sup>a</sup></i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>SD</i>	
Arthroscopic capsular release and PT	Baseline	66 (70 shoulders)	3	5	
<i>Intervention<sup>a</sup></i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean</i>	<i>SD</i>	<i>p-value</i>
Arthroscopic capsular release and PT	Postoperatively <sup>b</sup>	Unclear	39	23	<0.001

PT, physiotherapy.

a All patients received concomitant home exercise.

b Average follow-up was 10 months (range 3 to 29 months).

Note: Other range of movement reported, which was not of relevance to this review and is therefore not presented in the data extraction tables, was flexion.

**Study: Austgulen 2007<sup>87</sup>****Outcome: Quality of life**

Not reported

**Study: Austgulen 2007<sup>87</sup>****Outcome: Adverse events**

Two patients had FS again and had repeat surgery. No deep infections, nerve damage or other complications reported

**Study: Austgulen 2007<sup>87</sup>****Outcome: Other (satisfaction, 10-point scale)**

<i>Intervention<sup>a</sup></i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>SD</i>	
Arthroscopic capsular release and PT	Baseline	66 (70 shoulders)	NR	NR	
<i>Intervention<sup>a</sup></i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean</i>	<i>SD</i>	<i>p-value</i>
Arthroscopic capsular release and PT	Postoperatively <sup>b</sup>	Unclear	8.6	1.6	NR

FS, frozen shoulder; PT, physiotherapy.

a All patients received concomitant home exercise.

b Average follow-up was 10 months (range 3 to 29 months).

**Study: Chen 2002<sup>88</sup>****Outcome: Pain (reduction of pain)**

<i>Intervention</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>SD<sup>a</sup></i>
Arthroscopic capsular release + manipulation + PT	Baseline	183 (186 shoulders)	NR	NR
<i>Intervention</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Description of results provided in paper</i>	
Arthroscopic capsular release + PT	Within 1 months	Unclear	Half of patients had pain relief within 1 month whether in motion or not	
Arthroscopic capsular release + PT	After 3 months		All except eight shoulders were pain free in any direction of shoulder movement	

NR, not reported; PT, physiotherapy.

**Study: Chen 2002<sup>88</sup>****Outcome: Function and disability measured using a modified version of the ASES score**

<i>Intervention</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>SD<sup>a</sup></i>	
Arthroscopic capsular release + manipulation + PT	Baseline	183 (186 shoulders)	41	13	
<i>Intervention</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean improvement</i>	<i>SD<sup>a</sup></i>	<i>p-value</i>
Arthroscopic capsular release + PT	Postoperatively <sup>b</sup>	Unclear	87	11	<0.005

PT, physiotherapy.

a Not specified but assumed to be SD.

b Average follow-up was 23 months (range 5 to 6 years).

**Study: Chen 2002<sup>88</sup>****Outcome: Range of movement – external rotation(°)**

<i>Intervention</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>SD</i>
Arthroscopic capsular release + manipulation + PT	Baseline	183 (186 shoulders)	NR	NR
<i>Intervention</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Average gain in external rotation</i>	<i>SD</i>
Arthroscopic capsular release + PT	Postoperatively <sup>a</sup>	Unclear	35°	NR

**Outcome: Range of movement – internal rotation (°)**

<i>Intervention</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>SD</i>
Arthroscopic capsular release + manipulation + PT	Baseline	183 (186 shoulders)	NR	NR
<i>Intervention</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Average gain in external rotation</i>	<i>SD</i>
Arthroscopic capsular release + PT	Postoperatively <sup>a</sup>	Unclear	30°	NR

NR, not reported; PT, physiotherapy.

a Average follow-up was 23 months (range 5 to 6 years).

Note: Other range of movement reported, which was not of relevance to this review and is therefore not presented in the data extraction tables, was gain in elevation.

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**Study: Chen 2002<sup>28</sup>**

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***Outcome: Quality of life***

Not reported

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**Study: Chen 2002<sup>28</sup>**

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***Outcome: Other***

Not reported

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**Study: Chen 2002<sup>28</sup>**

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***Outcome: Adverse events***

Complications occurred in only one patient (superficial wound infection)

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