

# 9<sup>TH</sup> ORTHOPEDICS & RHEUMATOLOGY ANNUAL MEETING & EXPO

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## Predicting outcome in frozen shoulder (shoulder capsulitis) in presence of comorbidity as measured with subjective health complaints and neuroticism

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**Statement of the Problem:** Much has been focused on frozen shoulder and various treatment strategies both conservative and surgical and their outcome. Little is discussed about the comorbidities that may affect the treatment outcome in the condition.

**Purpose of the Study:** The objective of the study was to investigate whether subjective health complaints and neuroticism can predict treatment outcome in patients with frozen shoulder.

**Methodology & Theoretical Orientation:** Hundred and five (105) patients divided in two groups: Intervention group with 69 patients and control group with 36 patients, recruited in the main randomized controlled trial study, filled in three questionnaires; the Subjective Health Complaints (SHC) inventory, the Neuroticism (N) component of Eysenck Personality Questionnaire, revised short form (EPQ-R) and SPADI at inclusion, at 4 weeks and 8 weeks. Both total SHC score and subscales in SHC were tested.

**Findings:** There were no statistically significant differences in demography between the groups at baseline. Pseudoneurology subscale in SHC had significant predictive power  $p < 0.001$  in control group at baseline. Intervention group and shoulder pain duration exhibited statistical significant predictive power  $p < 0.001$  and  $p < 0.005$ , respectively but not the control group in change in SPADI after 8 weeks (SPADI at baseline minus SPADI at 8 weeks). Total SHC score, SHC subscales other than pseudoneurology and neuroticism were non predictive of outcome in frozen shoulder.

**Conclusion & Significance:** In broader picture, psychometric parameters as measured by Subjective Health Complaints and Neuroticism (N) component of Eysenck Personality Questionnaire, revised short form (EPQ-R) did not predict outcome in frozen shoulder measured by shoulder pain and disability index. One may conclude that in general psychometric parameters probably do not predict outcome in frozen shoulder may be because frozen shoulder is a distinct clinical condition.

### Biography

Satya Pal Sharma is a Family Physician with special interest in musculoskeletal disorders and in particular shoulder problems. He currently teaches medical students at University of Bergen and family physicians of musculoskeletal disorders. He is a PhD Student/Research Fellow at Institute of Global Public Health and Primary Care, University of Bergen along with his part-time work as Family Physician.

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