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The outstanding feature of modern man has been the versatile mobility and functions of his evolved hand, and its work in close co-operation with the elbow and the shoulder. If the movements at the shoulder joint are hampered, the performance of different functions of upper limb is substantially compromised. May it be the daily pursuits of life or benediction of a priest, or the performance of an oriental dancer, shoulder mobility has an important part to play and without it they are difficult to perform.

The word 'shoulder' in English language is used with various meanings. The classical being 'to support' and when we think of this, we are reminded of Atlas supporting the whole world on his shoulder. To the surgeon, it means part of intricate mechanism of the shoulder girdle, which serve the purpose of moving the arm on the trunk and it is an important tool for his daily work.

It is likely that painful stiff shoulder has bothered humankind since its beginning. In the Charak
Samhita there is reference to the pain and stiffness of joint as 'vata'. There is reference about the disease of joints in the work of Hippocrates too.

One of the conditions which commonly affects the mobility of shoulder joint of individuals is labelled as 'periarthritis of shoulder', also called 'Frozen shoulder', or Adhesive 'capsulitis', due to variable amount of restricted shoulder mobility, as a result of capsular adhesion.

Despite such ancient history of the disease, it still presents as a complex problem till today, a mystery unsolved. The cost to the patient and the society, in the form of, lost work, compensation, treatment and psychological aspects is to be closely viewed. There is evidence that many patients with periarthritis shoulder do not respond to medical therapy.

Periarthritis shoulder presents a clinical syndrome that is more or less constant. It is well recognised by pain in the shoulder region with or without radiation down the arm in a patient of 50-60 years with gradual limitation of movements and occasionally superadded with weakness of the arm and commonly associated anxiety or depression.

The movements are limited in all directions from the position in which the limb is rested, and more so
of abduction and external rotation. Limitation of movements in early stages is mainly due to spasm, which later leads on to adhesion.

The actual cause of this disease is not definitely known.

And just as in any branch of medicine, there are encountered patients malingering, hysterical, over anxious, depressive, whose symptoms and signs do not align for any conclusive thought. Then, it is always essential to doubly check before dismissing a patient as suffering from psychological problem.

Radiological investigation in periarthritis shoulder give little clue to its diagnosis, showing in majority of cases only some amount of osteoporosis and in some cases slight diminution of joint space as calcified deposits.

Despite the problem being centuries old, effective therapy of periarthritis shoulder still remains elusive. The treatment rendered should be such that it makes the mobility of shoulder joint comfortable i.e. without pain and the increases in the range of movement towards normalcy. Presently the treatment is broadly categorized into conservative forms, and the surgical interventions. In majority the conservative route of management is helpful. Conservative methods include rest to limb
analgesics, sedation, application of heat, exercises and hydrocortisone. Physiotherapy will be in the form of pendular movements, wheel exercises, circumduction, abduction exercises by way of wall creping at the shoulder. Physiotherapy proves of paramount significance in the restoring the movement of shoulder joint. With the advent of cortisone, a new era has dawned in modern medicine. De Palma (1963) successfully treated peri-arthritis shoulder with intra-articular hydrocortisone. So the aim of present study are:

1. Study of clinical behaviour of periarthritic shoulder.

2. Comparative evaluation of various methods of conservative treatment of periarthritic shoulder.