

## **ABSTRACT**

### **The Effectiveness of Scientific Therapeutic Exercise Progressions versus a Traditional Exercise Program when Combined with a Manual Therapy Treatment Approach for Frozen Shoulder**

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#### **Purpose**

The purpose of the study was to determine whether selected manual therapy techniques with a traditional exercise program or those same techniques in combination with Scientific Therapeutic Exercise Progressions were more effective in restoring range of motion, improving functional status and decreasing pain levels in patients diagnosed with frozen shoulder.

#### **Methodology**

A two-group experimental design with repeated measures was the research design selected for use in this study. Repeated measures included the goniometer and the Shoulder Pain and Disability Index.

Subjects utilized in this study were referred to the research from a variety of sources who had been diagnosed with frozen shoulder and who were compatible with other inclusion/exclusion criteria.

A two-sample t test was employed to determine whether observed differences between the two groups on the repeated measures were statistically significant.

#### **Findings**

Changes in external rotation and flexion were statistically significant and greater for the group that received the manual therapy in combination with Scientific Therapeutic Exercise progressions. However, no statistically significant differences were found either for abduction, for functional change or for changes in pain.

#### **Conclusions**

The findings of this study were generally consistent with the literature cited by the researcher and recommendations for further researcher focused on replicating and extending this study to include larger sample sizes, stratification of subjects assigned to each group so the groups would be more closely comparable in terms of level of frozen shoulder disability, and comparing the manual therapy/Scientific Therapeutic Exercise Progression protocol to other treatment approaches.