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## Treatment of adhesive capsulitis with Ergon® IASTM technique and stretching exercises: A case study

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**Study Background:** Adhesive capsulitis is a common condition involving significant shoulder pain and loss of range of motion attributed mainly to a combination of synovial inflammation and capsular fibrosis. Traditional treatment for this type of injury includes traditional forms of treatment such as massage, stretching, electrotherapy and active exercises. The aim of this case study was to evaluate the effectiveness of Ergon® IASTM Technique and shoulder stretching exercises in the treatment of adhesive capsulitis.

**Methods:** A 62-year-old patient clinically diagnosed with adhesive capsulitis presented with significant a) pain on palpation b) pain during shoulder flexion and internal rotation and c) decrease in shoulder passive flexion and internal rotation. His treatment plan included 8 treatment sessions involving the application a) of Ergon® IASTM Technique over specific shoulder points and b) of targeted stretching exercises of the shoulder. Pain produced during passive motion was evaluated with a visual analogue scale (VAS). The range of motion (ROM) for both shoulder flexion and internal rotation was measured with a goniometer. The patient was evaluated before, and at the 4th and 8th treatment session.

**Results:** The patient experienced a significant decrease in pain and an increase in shoulder ROM regarding internal rotation by both the 4th and 8th treatment session (Figure 1). More specifically, pain, as measured by VAS scale, was decreased from 5 and 7, respectively on the passive flexion and internal rotation of the shoulder, to 3 and 5 by the end of the 4th week and to 1 and 2 after the 8th treatment. Internal rotation ROM in the painful shoulder at 90° of abduction progressed from 50° at the baseline to 78° and 85° after 4th and 8th treatment, respectively.

**Conclusions:** This case study provides some evidence that Ergon® IASTM Technique in association with stretching exercises is an effective technique in the rehabilitation of the patients with adhesive capsulitis.

### Biography

Konstantinos Fousekis is an Associate Professor in Sports Physiotherapy at the Department of Physical Therapy, Technological Educational Institute of Western Greece. He is a Physiotherapist specializing in soft tissue mobilization techniques (IASTM). He has years of experience in treating musculoskeletal and sports injuries and is a Professional Physical Therapist for several professional soccer teams. His research interests deal with the assessment and rehabilitation of sports and musculoskeletal injuries using IASTM techniques. In cooperation with Konstantinos Mylonas, he created the ERGON® IASTM Technique as a basic treatment of painful and non-musculoskeletal disorders.

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