

## ORAL PRESENTATION 1-3

통증 및 근골격재활

발표일시 및 장소 : 10 월 19 일(토) 14:00-14:10 Room A(5F)

### OP1-3-1

#### **Is secondary frozen shoulder rare? : Analysis of recurrence in frozen shoulder in single-center**

Jae Wan Yoo, M.D.<sup>1\*</sup>, Joon-Sung Kim, M.D., Ph.D.<sup>2†</sup>, Seong Hoon Lim, M.D., Ph.D.<sup>2</sup>, Bo Young Hong, M.D., Ph.D.<sup>2</sup>

The Catholic University of Korea Seoul St. Mary's Hospital , Department of Rehabilitation Medicine<sup>1</sup>, The Catholic University of Korea St. Vincent's Hospital , Department of Rehabilitation Medicine<sup>2</sup>

#### **Introduction**

Frozen shoulder, also named adhesive capsulitis, is common disease with clinical presentations such as pain and limitations of range of motion in shoulder. That is due to fibrosis of the joint capsule and then adherence to the humeral head. The frozen shoulder is known that it resolves within 12-42 months by self-limiting courses, reveals chronic disability with 15 % of the patients and recurs with 6-17 % on contralateral side within 5 years but rare on ipsilateral side. We performed analysis of short-term and long-term recurrence in frozen shoulder in single-center to confirm that recurrence is really rare in frozen shoulder in short and long terms.

#### **Methods**

We reviewed the medical information of patients diagnosed or treated as frozen shoulder in our hospital in 2018 and 2019. We identified age, sex, initial information of diagnosis such as onset date, diagnosed date, involving side, pain severity(VAS), DASH score and LOM of shoulder and recurrence information including recurred date, side and time interval of recurrence

#### **Results**

70 patients were reviewed among patients who visited the hospital due to frozen shoulder in 2018 and 2019. The incidence of recurrent event on contralateral side was 12.9% with 9 patients ranged 3 to 55 months (3, 3, 4, 11, 14, 16, 30, 50, 55 month) in recurrence interval and 11.4% on ipsilateral side with 8 patients ranged 6 to 79 months, relatively long-term intervals compared to the contralateral cases.

#### **Conclusion**

In this study, we confirm recurrence of frozen shoulder on contralateral side is consistent with previous statistics but that on ipsilateral side is different with aspect that at least, it is not rare in long-term. To more specify our findings, we will perform further study with

larger size of population and additional factors such as improvement of pain or LOM in affected shoulder.