

Appendix 6.3 Acupuncture

Study	Inclusion/exclusion criteria and diagnosis of FS			Participant characteristics (age, sex, diabetes)	Condition-related characteristics (duration and stage of FS, previous treatments, secondary FS)
<p>Cheing 2008⁸¹ RCT</p> <p><i>Country, setting and treatment provider:</i> Hong Kong; treatment delivered by physiotherapist accredited to deliver acupuncture. The same individual delivered all of the treatments</p>	<p><i>Inclusion criteria:</i> Localised pain over one shoulder, night pain and restricted active and passive shoulder motion</p> <p><i>Exclusion criteria:</i> History of trauma, fractures, previous shoulder surgery, cervical or thoracic pain syndrome, complex regional pain syndrome, malignancies or anticoagulant therapy or acupuncture treatment to the painful shoulder in the previous 6 months</p> <p><i>Method of diagnosis:</i> Diagnosed by orthopaedic surgeon</p> <p><i>Terminology used:</i> FS; adhesive capsulitis</p>			<p><i>Age (years), range:</i> 33 to 90</p> <p><i>Female:</i> NR</p> <p><i>Any participants with diabetes?</i> Unclear/NR</p>	<p><i>Duration of FS at baseline (months), mean (SD):</i> Electroacupuncture: 6.71 (6.50); interferential electrotherapy: 6.70 (6.05); control: 8.26 (7.94)</p> <p><i>Stage of FS at baseline:</i> NR</p> <p><i>Previous treatments for FS:</i> NR</p> <p><i>Participants with secondary FS:</i> None reported</p>
Intervention 1	Intervention 2	Intervention 3	Control	Concomitant treatment and details of home exercise	
<p><i>Electroacupuncture:</i> 10 sessions, two to three times per week, over a 4-week period. Three points needled (one trigger point, LI15 and ST38) with a needle of 0.30×40 mm diameter, at a depth of 15–25 mm. 'De qi' sensation was felt by the patient and 2–100 Hz electrical stimulation was used at a pulse duration of 100–400 μs (just below pain threshold) for 20 minutes</p> <p><i>Home exercise</i></p>	<p><i>Interferential electrotherapy:</i> 10×20-minute sessions over 4 weeks at 80–120 Hz. Four suction-type electrodes were placed around the shoulder region in a coplanar arrangement</p> <p><i>Home exercise</i></p>		<p><i>No intervention:</i> Waiting list controls</p>	<p>NR</p> <p><i>Home exercise:</i> Participants followed a chart and performed a standard set of mobilisation exercises five times per day over 6 months that included four directions (forward flexion, external rotation, horizontal adduction, internal rotation)</p>	
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<p>Fang 2006⁸² RCT</p> <p><i>Country, setting and treatment provider:</i> China; Hospital outpatient department</p>	<p><i>Inclusion criteria:</i> Used recognised criteria</p> <p><i>Exclusion criteria:</i> Aged > 65 years, too sensitive to electrotherapy, fracture of shoulder, receiving long-term concomitant medication</p> <p><i>Method of diagnosis:</i> Clinical examination</p> <p><i>Terminology used:</i> Periarthritis of the shoulder</p>			<p><i>Age (years), mean (SD):</i> TENS: 51.5 (3.1); electroacupuncture: 52.9 (3.8)</p> <p><i>Female:</i> 55%</p> <p><i>Any participants with diabetes?</i> Unclear/NR</p>	<p><i>Duration of FS at baseline (weeks/months??), mean (SD):</i> TENS: 6.1 (3.5); electroacupuncture: 6.8 (3.2)</p> <p><i>Stage of FS at baseline:</i> Stage 1 (pre-adhesive): Patient feels pain around the shoulder, with increased pain at night (which even affects quality of sleep). The ranges of motion (or functional activities of the shoulder) are normal or slightly affected. Stage 2 (adhesive): Patient feels some reduction in pain but feels uncomfortable because of the pain. The functional activities of the shoulder are seriously affected; the ranges of motion are considerably reduced, which even affects activities of normal life</p> <p><i>Previous treatments for FS:</i> NR</p> <p><i>Participants with secondary FS:</i> None reported</p>

Intervention 1	Intervention 2	Intervention 3	Control	Concomitant treatment and details of home exercise
<i>Electroacupuncture</i> : 10×40-minute sessions every other day. Four acupuncture points [Waiguan (SJ5) and Hegu (LI4) and, alternating each session, Jianliao (SJ14) and Jian qian (Ex-UE), or Jianyu (LI15) and Naoshu (SI10)]. 0.30 mm×40 mm needles inserted to depth of 20–25 mm. Electricity was administered after De qi was felt (not reported whether De qi was felt by acupuncturist or by patient)	<i>TENS</i> : 10×40-minute sessions every other day. Electrodes placed at four acupuncture points [Waiguan (SJ5) and Hegu (LI4) and, alternating each session, Jianliao (SJ14) and Jian qian (Ex-UE), or Jianyu (LI15) and Naoshu (SI10)]. High frequency (100 Hz) for 10 minutes and low frequency (2 Hz) for 30 minutes. Intensity of current 10±2 mA			NR
Study	Inclusion/exclusion criteria and diagnosis of FS	Participant characteristics (age, sex, diabetes)	Condition-related characteristics (duration and stage of FS, previous treatments, secondary FS)	
Ma 2006 ⁹³ RCT <i>Country, setting and treatment provider</i> : Taiwan; medical centre	<i>Inclusion criteria</i> : Shoulder pain for at least 3 months, could not lift arms more than 135° <i>Exclusion criteria</i> : Non-spontaneous FS caused by nervous system diseases, acute inflammation and broken bones; acupuncture syncope and skin infection surrounding acupuncture points <i>Method of diagnosis</i> : Clinical history <i>Terminology used</i> : FS	<i>Age (years), mean</i> : PT: 54.1; acupuncture: 56.4; acupuncture + PT: 52.8 <i>Female</i> : 52% <i>Any participants with diabetes?</i> Unclear/NR	<i>Duration of FS at baseline (weeks), mean</i> : 25.8 <i>Stage of FS at baseline</i> : NR <i>Previous treatments for FS</i> : NR <i>Participants with secondary FS</i> : None reported	
Intervention 1	Intervention 2	Intervention 3	Control	Concomitant treatment and details of home exercise
Acupuncture: 15-minute session twice a week for 4 weeks. Each session consisted of therapeutic principles in promoting flow of qi and blood, driving out the wind and cold, removing dampness and activating meridians; therapeutic methods on three yang meridians of the hand; and prescriptions with jianliao, jianlu (LI15), fengchi (GB20), hegu (LI4) and yanglingquan (GB34)	Acupuncture + PT: Acupuncture as for other group. Five sessions of physiotherapy per week for 4 weeks. Each session consisted of heat pack for 15 minutes, joint mobilisation for 5–10 minutes and active shoulder exercises for 5–10 minutes	PT: Five sessions of physiotherapy per week for 4 weeks. Each session consisted of heat pack for 15 minutes, joint mobilisation for 5–10 minutes and active shoulder exercises for 5–10 minutes		NR

FS, frozen shoulder; NR, not reported; PT, physiotherapy.