

Appendix 7

Data extraction tables

Appendix 7.1 Steroid injection

Study: Bal 2008^{ab}

Outcome: Pain (pain at night) measured using VAS 0–100 mm

<i>Intervention^a</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Median</i>	<i>IQR</i>		
Steroid injection	Baseline	40 (42 shoulders)	77.5	20.0		
Placebo injection		40 (40 shoulders)	70.0	40.0		
<i>Intervention^a</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean change from baseline</i>	<i>SD</i>	<i>p-value^b</i>	
Steroid injection	2 weeks	42 shoulders	–36.5	25.1	0.07	
Placebo injection		24 shoulders	–26.5	25.1		
Steroid injection	12 weeks	42 shoulders	–53.1	27.8	0.552	
Placebo injection		24 shoulders	–51.7	28.1		

Outcome: Pain (pain on activity) measured using SPADI 5-item pain subscale

<i>Intervention^a</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Median</i>	<i>IQR</i>		
Steroid injection	Baseline	40 (42 shoulders)	71	39.7		
Placebo injection		40 (40 shoulders)	66	25.0		
<i>Intervention^a</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean change from baseline</i>	<i>SD</i>	<i>p-value^b</i>	
Steroid injection	2 weeks	42 shoulders	–30.1	22.1	0.041	
Placebo injection		24 shoulders	–19	17.6		
Steroid injection	12 weeks	42 shoulders	–42.4	25.5	0.684	
Placebo injection		24 shoulders	–44.8	19.4		

a All interventions received concomitant home exercise.

b *p*-value for between-group differences.

Study: Bal 2008⁶⁸**Outcome: Function and disability measured using UCLA Shoulder scale**

<i>Intervention^a</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Median</i>	<i>IQR</i>
Steroid injection	Baseline	40 (42 shoulders)	Baseline data not reported	
Placebo injection		40 (40 shoulders)		
<i>Intervention^a</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Median</i>	<i>IQR</i>
Steroid injection	2 weeks	42 shoulders	26.5	4.5
Placebo injection		24 shoulders	23	6.5
Steroid injection	12 weeks	42 shoulders	32.5	6.2
Placebo injection		24 shoulders	31.5	7.7

Outcome: Function and disability measured using SPADI total score

<i>Intervention^a</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Median</i>	<i>IQR</i>	
Steroid injection	Baseline	40 (42 shoulders)	69.4	40.5	
Placebo injection		40 (40 shoulders)	70.5	25.6	
<i>Intervention^a</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean change from baseline</i>	<i>SD</i>	<i>p-value^b</i>
Steroid injection	2 weeks	42 shoulders	-30.9	19.9	0.047
Placebo injection		24 shoulders	-20.2	15	
Steroid injection	12 weeks	42 shoulders	-44.4	24	0.407
Placebo injection		24 shoulders	-48.2	16.3	

Outcome: Function and disability measured using SPADI 8-item disability subscale

<i>Intervention^a</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Median</i>	<i>IQR</i>	
Steroid injection	Baseline	40 (42 shoulders)	63.4	38.1	
Placebo injection		40 (40 shoulders)	70.5	24.8	
<i>Intervention^a</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean change from baseline</i>	<i>SD</i>	<i>p-value^b</i>
Steroid injection	2 weeks	42 shoulders	-28.8	21.2	0.301
Placebo injection		24 shoulders	-23.1	17.8	
Steroid injection	12 weeks	42 shoulders	-42.2	26.3	0.156
Placebo injection		24 shoulders	-49.8	18.8	

a All interventions received concomitant home exercise.

b *p*-value for between-group differences.

Study: Bal 2008⁶⁸**Outcome: Range of movement (°) – passive abduction**

<i>Intervention^a</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Median</i>	<i>IQR</i>		
Steroid injection	Baseline	40 (42 shoulders)	107.5		41.2	
Placebo injection		40 (40 shoulders)	90		27.5	
<i>Intervention^a</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean change from baseline</i>	<i>SD</i>		<i>p-value^b</i>
Steroid injection	2 weeks	42 shoulders	36.5	27.1		0.033
Placebo injection		24 shoulders	18.7	26.8		
Steroid injection	12 weeks	42 shoulders	57.8	27.9		0.639
Placebo injection		24 shoulders	54.2	29.1		

Outcome: Range of movement (°) – passive external rotation

<i>Intervention^a</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Median</i>	<i>IQR</i>		
Steroid injection	Baseline	40 (42 shoulders)	50		31.2	
Placebo injection		40 (40 shoulders)	40		17.5	
<i>Intervention^a</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean change from baseline</i>	<i>SD</i>		<i>p-value^b</i>
Steroid injection	2 weeks	42 shoulders	18.4	16.3		0.173
Placebo injection		24 shoulders	12.9	13.4		
Steroid injection	12 weeks	42 shoulders	27.4	19.5		0.421
Placebo injection		24 shoulders	31.2	20.1		

Outcome: Range of movement (°) – passive internal rotation

<i>Intervention^a</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Median</i>	<i>IQR</i>		
Steroid injection	Baseline	40 (42 shoulders)	55		25.0	
Placebo injection		40 (40 shoulders)	47.5		10.0	
<i>Intervention^a</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean change from baseline</i>	<i>SD</i>		<i>p-value^b</i>
Steroid injection	2 weeks	42 shoulders	16.5	19.1		0.088
Placebo injection		24 shoulders	9.8	14.9		
Steroid injection	12 weeks	42 shoulders	25.7	19.1		0.693
Placebo injection		24 shoulders	54.2	29.1		

a All interventions received concomitant home exercise.

b *p*-value for between-group differences.

Note: Other range of movements reported, which were not of relevance to this review and are therefore not presented in the data extraction tables, included passive forward flexion.

Study: Bal 2008⁶⁸**Outcome: Quality of life**

Not reported

Study: Bal 2008⁶⁸**Outcome: Other**

Not reported

Study: Bal 2008⁶⁸**Outcome: Adverse events**

No side effects were noted during the drug or exercise therapy sessions

Study: Carette 2003³⁵**Outcome: Pain (pain overall) measured using SPADI 5-item pain subscale**

<i>Intervention^a</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>SD</i>
Steroid injection + PT	Baseline	21	69.0	17.1
Steroid injection		23	70.2	16.4
PT + placebo injection		26	65.4	19.7
Placebo injection		23	69.1	18.3

<i>Intervention^a</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean change from baseline</i>	<i>SE</i>
Steroid injection + PT	6 weeks	21	-48.7	5.9
Steroid injection		23	-39.1	5.6
PT + placebo injection		26	-21.8	5.3
Placebo injection		23	-17.3	5.6
Steroid injection + PT	3 months	21	-52.1	5.9
Steroid injection		23	-48.1	5.6
PT + placebo injection		26	-38.1	5.3
Placebo injection		23	-30.1	5.6
Steroid injection + PT	6 months	21	-52.8	5.9
Steroid injection		23	-54.9	5.6
PT + placebo injection		26	-43.8	5.3
Placebo injection		23	-36.4	5.6
Steroid injection + PT	12 months	21	-48.4	5.9
Steroid injection		23	-52.6	5.6
PT + placebo injection		26	-46.1	5.3
Placebo injection		23	-46.0	5.6

Outcome: Pain (pain overall) measured using SPADI 5-item pain subscale – calculated values^b

<i>Intervention^a</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean</i>	<i>SD^c</i>
Steroid injection + PT	3 months	21	-52.1	13.1
Steroid injection		23	-48.1	13.1
PT + placebo injection		26	-38.1	13.1
Placebo injection		23	-30.1	13.1

PT, physiotherapy.

a All interventions received concomitant home exercise.

b Mean final values were calculated and SDs calculated for data closest to 3 months only.

c Average SD across all interventions for that outcome measured using the same instrument.

Study: Carette 2003³⁵**Outcome: Function and disability measured using SPADI total score**

<i>Intervention^a</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>SD</i>	
Steroid injection + PT	Baseline	21	66.4	15.5	
Steroid injection		23	66.6	17.6	
PT + placebo injection		26	61.5	16.5	
Placebo injection		23	67.3	17.5	
<i>Intervention^a</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean change from baseline</i>	<i>SE</i>	<i>SD^b</i>
Steroid injection + PT	6 weeks	21	-46.5	5.3	24.3
Steroid injection		23	-36.7	5.1	24.5
PT + placebo injection		26	-22.2	4.8	24.5
Placebo injection		23	-18.9	5.1	24.5
Steroid injection + PT	3 months	21	-50.4	5.3	24.3
Steroid injection		23	-45.5	5.1	24.5
PT + placebo injection		26	-37.9	4.8	24.5
Placebo injection		23	-29.4	5.1	24.5
Steroid injection + PT	6 months	21	-52.5	5.3	24.3
Steroid injection		23	-51.3	5.1	24.5
PT + placebo injection		26	-43.1	4.8	24.5
Placebo injection		23	-38.4	5.1	24.5
Steroid injection + PT	12 months	21	-48.3	5.3	24.3
Steroid injection		23	-50.1	5.1	24.5
PT + placebo injection		26	-45.5	4.8	24.5
Placebo injection		23	-47.2	5.1	24.5

Outcome: Function and disability measured using SPADI 8-item disability subscale

<i>Intervention^a</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>SD</i>	
Steroid injection + PT	Baseline	21	63.8	16.9	
Steroid injection		23	63	20.6	
PT + placebo injection		26	57.6	17.3	
Placebo injection		23	65.5	19.3	
<i>Intervention^a</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean change from baseline</i>	<i>SE</i>	<i>SD^b</i>
Steroid injection + PT	6 weeks	21	-44.3	5.2	23.8
Steroid injection		23	-34.2	5	24.0
PT + placebo injection		26	-22.7	4.7	24.0
Placebo injection		23	-20.4	4.9	23.5
Steroid injection + PT	3 months	21	-48.7	5.2	23.8
Steroid injection		23	-43	5	24.0
PT + placebo injection		26	-37.7	4.7	24.0
Placebo injection		23	-28.7	4.9	23.5
Steroid injection + PT	6 months	21	-52.1	5.2	23.8
Steroid injection		23	-47.6	5	24.0
PT + placebo injection		26	-42.3	4.7	24.0
Placebo injection		23	-40.5	4.9	23.5
Steroid injection + PT	12 months	21	-48.1	5.2	23.8
Steroid injection		23	-47.6	5	24.0
PT + placebo injection		26	-45	4.7	24.0
Placebo injection		23	-48.4	4.9	23.5

PT, physiotherapy.

a All interventions received concomitant home exercise.

b Average SD across all interventions for that outcome measured using the same instrument.

Study: Carette 2003³⁵**Outcome: Range of movement – passive abduction (°)**

<i>Intervention^a</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>SD</i>		
Steroid injection + PT	Baseline	21	57.5	11.8		
Steroid injection		23	58.2	10.4		
PT + placebo injection		26	57.1	9.8		
Placebo injection		23	56.7	14.4		
<i>Intervention^a</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean change from baseline</i>	<i>SE</i>	<i>SD^b</i>	
Steroid injection + PT	6 weeks	21	21	3	13.7	
Steroid injection		23	12.9	2.9	13.9	
PT + placebo injection		26	9.7	2.7	13.8	
Placebo injection		23	5.7	2.9	13.9	
Steroid injection + PT	3 months	21	24.4	3	13.7	
Steroid injection		23	20.4	2.9	13.9	
PT + placebo injection		26	14	2.7	13.8	
Placebo injection		23	8.1	2.9	13.9	
Steroid injection + PT	6 months	21	27.3	3	13.7	
Steroid injection		23	22.1	2.9	13.9	
PT + placebo injection		26	19.4	2.7	13.8	
Placebo injection		23	14.3	2.9	13.9	
Steroid injection + PT	12 months	21	29.7	3	13.7	
Steroid injection		23	22.8	2.9	13.9	
PT + placebo injection		26	24.7	2.7	13.8	
Placebo injection		23	24	2.9	13.9	

Outcome: Range of movement – passive external rotation (°)

<i>Intervention^a</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>SD</i>		
Steroid injection + PT	Baseline	21	7.9	11.6		
Steroid injection		23	15.1	14		
PT + placebo injection		26	14.9	14.1		
Placebo injection		23	17.9	18.3		
<i>Intervention^a</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean change from baseline</i>	<i>SE</i>	<i>SD^b</i>	
Steroid injection + PT	6 weeks	21	26.5	3.6	16.5	
Steroid injection		23	18.3	3.4	16.3	
PT + placebo injection		26	9.6	3.2	16.3	
Placebo injection		23	7.1	3.4	16.3	
Steroid injection + PT	3 months	21	31	3.6	16.5	
Steroid injection		23	25.5	3.4	16.3	
PT + placebo injection		26	18	3.2	16.3	
Placebo injection		23	13.4	3.4	16.3	
Steroid injection + PT	6 months	21	34.1	3.6	16.5	
Steroid injection		23	29.5	3.4	16.3	
PT + placebo injection		26	23	3.2	16.3	
Placebo injection		23	20.8	3.4	16.3	
Steroid injection + PT	12 months	21	38	3.6	16.5	
Steroid injection		23	30.8	3.4	16.3	
PT + placebo injection		26	31.6	3.2	16.3	
Placebo injection		23	30.4	3.4	16.3	

Outcome: Range of movement – hand behind back (cm)

<i>Intervention^a</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>SD</i>		
Steroid injection + PT	Baseline	21	34.1	10.4		
Steroid injection		23	34.7	13.1		
PT + placebo injection		26	37.2	10.9		
Placebo injection		23	34	11		
<i>Intervention^a</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean change from baseline</i>	<i>SE</i>	<i>SD^b</i>	
Steroid injection + PT	6 weeks	21	-19.8	2.5	11.5	
Steroid injection		23	-11.3	2.4	11.5	
PT + placebo injection		26	-10.5	2.3	11.7	
Placebo injection		23	-10.8	2.4	11.5	
Steroid injection + PT	3 months	21	-21.8	2.5	11.5	
Steroid injection		23	-15.8	2.4	11.5	
PT + placebo injection		26	-15.9	2.3	11.7	
Placebo injection		23	-14.7	2.4	11.5	
Steroid injection + PT	6 months	21	-22.8	2.5	11.5	
Steroid injection		23	-17.4	2.4	11.5	
PT + placebo injection		26	-18.1	2.3	11.7	
Placebo injection		23	-16.9	2.4	11.5	
Steroid injection + PT	12 months	21	-22.7	2.5	11.5	
Steroid injection		23	-18.4	2.4	11.5	
PT + placebo injection		26	-21.3	2.3	11.7	
Placebo injection		23	-21.2	2.4	11.5	

PT, physiotherapy.

a All interventions received concomitant home exercise.

b Average SD across all interventions for that outcome.

Note: Other range of movements reported, which were not of relevance to this review and are therefore not presented in the data extraction tables, included passive forward flexion.

Study: Carette 2003³⁵**Outcome: Quality of life – SF-36 PCS**

<i>Intervention^a</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>SD</i>		
Steroid injection + PT	Baseline	21	35.2	7.8		
Steroid injection		23	37.5	9.1		
PT + placebo injection		26	37.6	7.7		
Placebo injection		23	36.8	7.7		
<i>Intervention^a</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean change from baseline</i>	<i>SE</i>	<i>SD^b</i>	
Steroid injection + PT	6 weeks	21	6.4	1.9	8.7	
Steroid injection		23	4.4	1.9	9.1	
PT + placebo injection		26	1.1	1.9	9.7	
Placebo injection		23	2.5	1.9	9.1	
Steroid injection + PT	3 months	21	8.6	1.9	8.7	
Steroid injection		23	10.1	1.9	9.1	
PT + placebo injection		26	6.4	1.9	9.7	
Placebo injection		23	5	1.9	9.1	
Steroid injection + PT	6 months	21	8.8	1.9	8.7	
Steroid injection		23	10.1	1.9	9.1	
PT + placebo injection		26	9.1	1.9	9.7	
Placebo injection		23	6.8	1.9	9.1	
Steroid injection + PT	12 months	21	11.5	1.9	8.7	
Steroid injection		23	11.1	1.9	9.1	
PT + placebo injection		26	9.4	1.9	9.7	
Placebo injection		23	10.1	1.9	9.1	

Outcome: Quality of life – SF-36 MCS

<i>Intervention^a</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>SD</i>		
Steroid injection + PT	Baseline	21	43.1	12.9		
Steroid injection		23	49.4	10.2		
PT + placebo injection		26	49.8	11.8		
Placebo injection		23	49	12.5		
<i>Intervention^a</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean change from baseline</i>	<i>SE</i>	<i>SD^b</i>	
Steroid injection + PT	6 weeks	21	5.7	2.3	10.5	
Steroid injection		23	1.5	2.2	10.6	
PT + placebo injection		26	2	2.2	11.2	
Placebo injection		23	2.6	2.2	10.6	
Steroid injection + PT	3 months	21	6.6	2.3	10.5	
Steroid injection		23	2.2	2.2	10.6	
PT + placebo injection		26	3.8	2.2	11.2	
Placebo injection		23	1.2	2.2	10.6	
Steroid injection + PT	6 months	21	9.2	2.3	10.5	
Steroid injection		23	3.8	2.2	10.6	
PT + placebo injection		26	1	2.2	11.2	
Placebo injection		23	2.1	2.2	10.6	
Steroid injection + PT	12 months	21	9.3	2.3	10.5	
Steroid injection		23	3.5	2.2	10.6	
PT + placebo injection		26	2.4	2.2	11.2	
Placebo injection		23	3.2	2.2	10.6	

PT, physiotherapy.

a All interventions received concomitant home exercise.

b Average SD across all interventions for that outcome measured using the same instrument.

Study: Carette 2003³⁵**Outcome: Adverse events**

Not reported

Study: Carette 2003³⁵**Outcome: Other**

Not reported

Study: Dacre 1989⁶⁷**Outcome: Pain (pain at night, pain with active and passive movement, day pain) measured using 10-cm VAS scale^a**

<i>Intervention</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>p-value</i>
Steroid injection + PT	Baseline	Unclear ^b	Baseline data not reported	
Steroid injection		Unclear ^b		
PT		Unclear ^b		
<i>Intervention</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean</i>	<i>p-value</i>
Steroid injection + PT	6 weeks	20	Mean measures of pain improved by 57–86% at 6 months	All groups showed significant reduction in pain after 6 weeks ($p < 0.001$)
Steroid injection		22		
PT		20		
Steroid injection + PT	6 months	20	Mean measures of pain improved by 57–86% at 6 months	Pain on active movement improved by means of between 62% and 78% at 6 months in the three groups (not significant)
Steroid injection		22		
PT		20		

PT, physiotherapy.

a Data reported graphically and described in text only briefly.

b Sixty-six participants were randomised; the number randomised to each arm was not reported.

Study: Dacre 1989⁶⁷**Outcome: Function and disability**

Not reported

Study: Dacre 1989⁶⁷**Outcome: Range of movement – complete shoulder abduction, glenohumeral abduction and external rotation**

<i>Intervention</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>p-value</i>
Steroid injection + PT	Baseline	(Unclear) ^b	Baseline data not reported	
Steroid injection		(Unclear) ^b		
PT		(Unclear) ^b		
<i>Intervention</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean</i>	<i>p-value</i>
Steroid injection + PT	6 weeks	20	Mean measures of movement improved by between 11% and 31% at 6 weeks	
Steroid injection		22	Total abduction improved by means of between 10% and 11% after 6 weeks in the three groups (not significant)	$p > 0.05$
PT		20		
Steroid injection + PT	6 months	20	Mean measures of movement improved by between 10% and 34% at 6 months	
Steroid injection		22	Total abduction improved by means of between 15% and 23% at 6 months in the three groups	$p > 0.05$
PT		20		

PT, physiotherapy.

a Data reported graphically and described in text only briefly.

b Sixty-six participants were randomised; the number randomised to each arm was not reported.

Study: Dacre 1989⁶⁷**Outcome: Quality of life**

Not reported

Study: Dacre 1989⁶⁷**Outcome: Other**

Not reported

Study: Dacre 1989⁶⁷**Outcome: Adverse events**

Stated that no patients had adverse reactions

Study: Rizk 1991⁴²**Outcome: Pain (pain overall) measured using 0–5 Likert scale (0 = no pain, 5 = extreme pain)**

<i>Intervention^a</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>SD</i>		
Steroid injection (anterior approach) + PT	Baseline	16	3.88	NR		
Steroid injection (lateral approach) + PT		16	3.7	NR		
Two arms for placebo injection (anterior approach and lateral) + PT ^b		16	4.07	NR		
<i>Intervention^a</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean</i>	<i>Combined mean^c</i>	<i>SD^d</i>	
Steroid injection (anterior approach) + PT	4 weeks	15	3.87	NA	NA	
Steroid injection (lateral approach) + PT		14	3.71			
Two arms for placebo injection (anterior approach and lateral) + PT ^b		15	3.93	NA	NA	
Steroid injection (anterior approach) + PT	11 weeks	15	3.47	3.417	1.557	
Steroid injection (lateral approach) + PT		14	3.36			
Two arms for placebo injection (anterior approach and lateral) + PT ^b		15	3.13	3.13	1.653	
Steroid injection (anterior approach) + PT	24 weeks	15	3.2	3.1034	1.742	
Steroid injection (lateral approach) + PT		14	3			
Two arms for placebo injection (anterior approach and lateral) + PT ^b		15	3	3	1.673	

NA, not applicable; NR, not reported; PT, physiotherapy.

a All interventions received concomitant home exercise.

b This was a four-arm trial for which there were two placebo arms – a placebo injection administered using an anterior approach, and a placebo injection administered using a lateral approach. For the results of pain, the study authors presented results for both placebo arms combined.

c The means of the two arms containing steroid injection were combined for the analysis of the outcome of pain as the advisory group stated that accuracy of the injection rather than approach was important.

d SD imputed using R model.

Study: Rizk 1991⁴²**Outcome: Function and disability**

Not reported

Study: Rizk 1991⁴²**Outcome: Range of movement – passive abduction (°)**

<i>Intervention^a</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>SD</i>
Steroid injection (anterior approach) + PT	Baseline	16	72.7	NR
Steroid injection (lateral approach) + PT		16	76.1	NR
Placebo injection (anterior approach) + PT		8	71.9	NR
Placebo injection (lateral approach) + PT		8	72.5	NR
<i>Intervention^a</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean</i>	<i>SD</i>
Steroid injection (anterior approach) + PT	1 week	Unclear	72.8	NR
Steroid injection (lateral approach) + PT		Unclear	76.4	NR
Placebo injection (anterior approach) + PT		Unclear	71.9	NR
Placebo injection (lateral approach) + PT		Unclear	72.5	NR
Steroid injection (anterior approach) + PT	2 weeks	Unclear	72.9	NR
Steroid injection (lateral approach) + PT		Unclear	75.9	NR
Placebo injection (anterior approach) + PT		Unclear	72.1	NR
Placebo injection (lateral approach) + PT		Unclear	72.5	NR
Steroid injection (anterior approach) + PT	3 weeks	Unclear	72.9	NR
Steroid injection (lateral approach) + PT		Unclear	75.6	NR
Placebo injection (anterior approach) + PT		Unclear	72.3	NR
Placebo injection (lateral approach) + PT		Unclear	72.8	NR
Steroid injection (anterior approach) + PT	4 weeks	Unclear	73	NR
Steroid injection (lateral approach) + PT		Unclear	75.6	NR
Placebo injection (anterior approach) + PT		Unclear	72.6	NR
Placebo injection (lateral approach) + PT		Unclear	73.1	NR
Steroid injection (anterior approach) + PT	5 weeks	Unclear	73.9	NR
Steroid injection (lateral approach) + PT		Unclear	75.9	NR
Placebo injection (anterior approach) + PT		Unclear	72.8	NR
Placebo injection (lateral approach) + PT		Unclear	73.3	NR
Steroid injection (anterior approach) + PT	6 weeks	Unclear	73.9	NR
Steroid injection (lateral approach) + PT		Unclear	76.3	NR
Placebo injection (anterior approach) + PT		Unclear	73.1	NR
Placebo injection (lateral approach) + PT		Unclear	73.3	NR
Steroid injection (anterior approach) + PT	7 weeks	Unclear	74.4	NR
Steroid injection (lateral approach) + PT		Unclear	76.8	NR
Placebo injection (anterior approach) + PT		Unclear	73.3	NR
Placebo injection (lateral approach) + PT		Unclear	73.7	NR
Steroid injection (anterior approach) + PT	8 weeks	Unclear	75.3	NR
Steroid injection (lateral approach) + PT		Unclear	77.1	NR
Placebo injection (anterior approach) + PT		Unclear	74.2	NR
Placebo injection (lateral approach) + PT		Unclear	74.2	NR
Steroid injection (anterior approach) + PT	9 weeks	Unclear	75.8	NR
Steroid injection (lateral approach) + PT		Unclear	78.3	NR
Placebo injection (anterior approach) + PT		Unclear	74.2	NR
Placebo injection (lateral approach) + PT		Unclear	74.2	NR
Steroid injection (anterior approach) + PT	10 weeks	Unclear	75.9	NR
Steroid injection (lateral approach) + PT		Unclear	79.1	NR
Placebo injection (anterior approach) + PT		Unclear	74.4	NR
Placebo injection (lateral approach) + PT		Unclear	74.5	NR

Steroid injection (anterior approach) + PT	11 weeks	Unclear	76.1	NR
Steroid injection (lateral approach) + PT		Unclear	79.8	NR
Placebo injection (anterior approach) + PT		Unclear	74.5	NR
Placebo injection (lateral approach) + PT		Unclear	74.7	NR
Steroid injection (anterior approach) + PT	15 weeks	Unclear	77.5	NR
Steroid injection (lateral approach) + PT		Unclear	79.9	NR
Placebo injection (anterior approach) + PT		Unclear	74.8	NR
Placebo injection (lateral approach) + PT		Unclear	75.4	NR
Steroid injection (anterior approach) + PT	6 months	Unclear	78.4	NR
Steroid injection (lateral approach) + PT		Unclear	81.9	NR
Placebo injection (anterior approach) + PT		Unclear	76.6	NR
Placebo injection (lateral approach) + PT		Unclear	80.1	NR
Outcome: Range of movement – passive external rotation (°)				
<i>Intervention^a</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>SD</i>
Steroid injection (anterior approach) + PT	Baseline	16	33.6	NR
Steroid injection (lateral approach) + PT		16	30.1	NR
Placebo injection (anterior approach) + PT		8	30.4	NR
Placebo injection (lateral approach) + PT		8	32.3	NR
<i>Intervention^a</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean</i>	<i>SD</i>
Steroid injection (anterior approach) + PT	1 week	Unclear	33.8	NR
Steroid injection (lateral approach) + PT		Unclear	30.1	NR
Placebo injection (anterior approach) + PT		Unclear	30.5	NR
Placebo injection (lateral approach) + PT		Unclear	32.2	NR
Steroid injection (anterior approach) + PT	2 weeks	Unclear	33.9	NR
Steroid injection (lateral approach) + PT		Unclear	30.2	NR
Placebo injection (anterior approach) + PT		Unclear	30.5	NR
Placebo injection (lateral approach) + PT		Unclear	32.3	NR
Steroid injection (anterior approach) + PT	3 weeks	Unclear	34	NR
Steroid injection (lateral approach) + PT		Unclear	30.1	NR
Placebo injection (anterior approach) + PT		Unclear	30.9	NR
Placebo injection (lateral approach) + PT		Unclear	32.3	NR
Steroid injection (anterior approach) + PT	4 weeks	Unclear	34.1	NR
Steroid injection (lateral approach) + PT		Unclear	30.1	NR
Placebo injection (anterior approach) + PT		Unclear	31.2	NR
Placebo injection (lateral approach) + PT		Unclear	32.3	NR
Steroid injection (anterior approach) + PT	5 weeks	Unclear	34.2	NR
Steroid injection (lateral approach) + PT		Unclear	30.6	NR
Placebo injection (anterior approach) + PT		Unclear	31.4	NR
Placebo injection (lateral approach) + PT		Unclear	32.8	NR
Steroid injection (anterior approach) + PT	6 weeks	Unclear	34.4	NR
Steroid injection (lateral approach) + PT		Unclear	31.1	NR
Placebo injection (anterior approach) + PT		Unclear	31.5	NR
Placebo injection (lateral approach) + PT		Unclear	32.8	NR
Steroid injection (anterior approach) + PT	7 weeks	Unclear	34.8	NR
Steroid injection (lateral approach) + PT		Unclear	31.9	NR
Placebo injection (anterior approach) + PT		Unclear	31.9	NR
Placebo injection (lateral approach) + PT		Unclear	33	NR

Steroid injection (anterior approach) + PT	8 weeks	Unclear	34.9	NR
Steroid injection (lateral approach) + PT		Unclear	33.2	NR
Placebo injection (anterior approach) + PT		Unclear	32.8	NR
Placebo injection (lateral approach) + PT		Unclear	33.4	NR
Steroid injection (anterior approach) + PT	9 weeks	Unclear	34.9	NR
Steroid injection (lateral approach) + PT		Unclear	33.9	NR
Placebo injection (anterior approach) + PT		Unclear	32.9	NR
Placebo injection (lateral approach) + PT		Unclear	33.3	NR
Steroid injection (anterior approach) + PT	10 weeks	Unclear	34.9	NR
Steroid injection (lateral approach) + PT		Unclear	34.8	NR
Placebo injection (anterior approach) + PT		Unclear	33.3	NR
Placebo injection (lateral approach) + PT		Unclear	33.3	NR
Steroid injection (anterior approach) + PT	11 weeks	Unclear	34.9	NR
Steroid injection (lateral approach) + PT		Unclear	36.7	NR
Placebo injection (anterior approach) + PT		Unclear	33.4	NR
Placebo injection (lateral approach) + PT		Unclear	33.3	NR
Steroid injection (anterior approach) + PT	15 weeks	Unclear	36.9	NR
Steroid injection (lateral approach) + PT		Unclear	37.3	NR
Placebo injection (anterior approach) + PT		Unclear	34.9	NR
Placebo injection (lateral approach) + PT		Unclear	34.2	NR
Steroid injection (anterior approach) + PT	6 months	Unclear	40.2	NR
Steroid injection (lateral approach) + PT		Unclear	41	NR
Placebo injection (anterior approach) + PT		Unclear	40.8	NR
Placebo injection (lateral approach) + PT		Unclear	39.9	NR

Outcome: Range of movement – passive internal rotation (°)

<i>Intervention^a</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>SD</i>
Steroid injection (anterior approach) + PT	Baseline	16	24.8	NR
Steroid injection (lateral approach) + PT		16	25.2	NR
Placebo injection (anterior approach) + PT		8	24.9	NR
Placebo injection (lateral approach) + PT		8	24.3	NR
<i>Intervention^a</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean</i>	<i>SD</i>
Steroid injection (anterior approach) + PT	1 week	Unclear	24.9	NR
Steroid injection (lateral approach) + PT		Unclear	25.3	NR
Placebo injection (anterior approach) + PT		Unclear	24.8	NR
Placebo injection (lateral approach) + PT		Unclear	24.4	NR
Steroid injection (anterior approach) + PT	2 weeks	Unclear	24.9	NR
Steroid injection (lateral approach) + PT		Unclear	25.1	NR
Placebo injection (anterior approach) + PT		Unclear	24.7	NR
Placebo injection (lateral approach) + PT		Unclear	24.4	NR
Steroid injection (anterior approach) + PT	3 weeks	Unclear	24.9	NR
Steroid injection (lateral approach) + PT		Unclear	24.7	NR
Placebo injection (anterior approach) + PT		Unclear	24.7	NR
Placebo injection (lateral approach) + PT		Unclear	24.4	NR
Steroid injection (anterior approach) + PT	4 weeks	Unclear	24.9	NR
Steroid injection (lateral approach) + PT		Unclear	24.7	NR
Placebo injection (anterior approach) + PT		Unclear	24.7	NR
Placebo injection (lateral approach) + PT		Unclear	25.1	NR

Steroid injection (anterior approach) + PT	5 weeks	Unclear	25.1	NR
Steroid injection (lateral approach) + PT		Unclear	24.6	NR
Placebo injection (anterior approach) + PT		Unclear	25.1	NR
Placebo injection (lateral approach) + PT		Unclear	25.3	NR
Steroid injection (anterior approach) + PT	6 weeks	Unclear	25.3	NR
Steroid injection (lateral approach) + PT		Unclear	24.7	NR
Placebo injection (anterior approach) + PT		Unclear	25.1	NR
Placebo injection (lateral approach) + PT		Unclear	25.7	NR
Steroid injection (anterior approach) + PT	7 weeks	Unclear	25.8	NR
Steroid injection (lateral approach) + PT		Unclear	24.6	NR
Placebo injection (anterior approach) + PT		Unclear	25.2	NR
Placebo injection (lateral approach) + PT		Unclear	25.7	NR
Steroid injection (anterior approach) + PT	8 weeks	Unclear	26.1	NR
Steroid injection (lateral approach) + PT		Unclear	24.6	NR
Placebo injection (anterior approach) + PT		Unclear	25.3	NR
Placebo injection (lateral approach) + PT		Unclear	25.8	NR
Steroid injection (anterior approach) + PT	9 weeks	Unclear	26.1	NR
Steroid injection (lateral approach) + PT		Unclear	24.9	NR
Placebo injection (anterior approach) + PT		Unclear	25.6	NR
Placebo injection (lateral approach) + PT		Unclear	25.7	NR
Steroid injection (anterior approach) + PT	10 weeks	Unclear	26.1	NR
Steroid injection (lateral approach) + PT		Unclear	25.5	NR
Placebo injection (anterior approach) + PT		Unclear	25.8	NR
Placebo injection (lateral approach) + PT		Unclear	25.7	NR
Steroid injection (anterior approach) + PT	11 weeks	Unclear	26.1	NR
Steroid injection (lateral approach) + PT		Unclear	25.9	NR
Placebo injection (anterior approach) + PT		Unclear	26.1	NR
Placebo injection (lateral approach) + PT		Unclear	25.8	NR
Steroid injection (anterior approach) + PT	15 weeks	Unclear	28.7	NR
Steroid injection (lateral approach) + PT		Unclear	26.1	NR
Placebo injection (anterior approach) + PT		Unclear	26.7	NR
Placebo injection (lateral approach) + PT		Unclear	26.4	NR
Steroid injection (anterior approach) + PT	6 months	Unclear	32.4	NR
Steroid injection (lateral approach) + PT		Unclear	30.8	NR
Placebo injection (anterior approach) + PT		Unclear	31.8	NR
Placebo injection (lateral approach) + PT		Unclear	30.6	NR

NR, not reported, PT, physiotherapy.

a All interventions received concomitant home exercise.

Note: Other range of movement reported, which were not of relevance to this review and are therefore not presented in the data extraction tables, included passive flexion, passive extension, passive adduction and total range of movement (sum of shoulder motion in three planes: internal–external rotation, flexion–extension and adduction–abduction).

Study: Rizk 1991⁴²

Outcome: Quality of life

Not reported

Study: Rizk 1991⁴²**Outcome: Other**

Not reported

Study: Rizk 1991⁴²**Outcome: Adverse events**

Study authors stated: 'No withdrawals due to adverse effects'

Study: Ryans 2005⁴¹**Outcome: Pain (daytime pain at rest) measured using 100-mm VAS**

<i>Intervention^a</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>SD</i>
Steroid injection + PT	Baseline	20	31.2	21
Steroid injection		20	37.8	19.8
PT + placebo injection		20	45.8	24.7
Placebo injection		20	44.1	33.7

<i>Intervention^a</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean change from baseline</i>	<i>SD</i>
Steroid injection + PT	6 weeks	17	-16.3	26.4
Steroid injection		17	-9.7	18.5
PT + placebo injection		20	-17.6	39.1
Placebo injection		17	-5.4	27.8
Steroid injection + PT	16 weeks	17	-16.1	24.4
Steroid injection		13	-9.8	24.7
PT + placebo injection		16	-29.3	33.7
Placebo injection		12	-24.5	34.2

Outcome: Pain (daytime pain at rest) measured using 100-mm VAS – calculated values

<i>Intervention^a</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean</i>	<i>SD^b</i>
Steroid injection + PT	6 weeks	17	14.9	10.39
Steroid injection		17	28.1	10.39
PT + placebo injection		20	28.2	10.39
Placebo injection		17	38.7	10.39

PT, physiotherapy.

a All interventions received concomitant home exercise.

b Calculated from average SD across all interventions for that outcome measured using the same instrument.

Study: Ryans 2005^{a1}**Outcome: Function and disability, measured using UK SDQ/Croft score**

<i>Intervention^a</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>SD</i>
Steroid injection + PT	Baseline	20	13.6	4
Steroid injection		20	15.8	4.5
PT + placebo injection		20	14.9	4.8
Placebo injection		20	14.1	4.6
<i>Intervention^a</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean change from baseline</i>	<i>SD</i>
Steroid injection + PT	6 weeks	17	-7.8	5.7
Steroid injection		17	-6.1	6.4
PT + placebo injection		20	-3.5	4.9
Placebo injection		17	-3.1	3.4
Steroid injection + PT	16 weeks	17	-7.6	5.8
Steroid injection		13	-7.8	5.9
PT + placebo injection		16	-5.6	5.8
Placebo injection		12	-6.6	5.4

Outcome: Function and disability, self-assessed global function measured using 100-mm VAS

<i>Intervention^a</i>	<i>Time point</i>	<i>Number randomised</i>	<i>Mean</i>	<i>SD</i>
Steroid injection + PT	Baseline	20	57.2	16.2
Steroid injection		20	65	17.2
PT + placebo injection		20	63.9	21.4
Placebo injection		20	62.7	26.9
<i>Intervention^a</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean change from baseline</i>	<i>SD</i>
Steroid injection + PT	6 weeks	17	-37.8	18.1
Steroid injection		17	-28.4	24.1
PT + placebo injection		20	-26.1	26.7
Placebo injection		17	-16.8	22
Steroid injection + PT	16 weeks	17	-39.2	25.8
Steroid injection		13	-35.6	26.9
PT + placebo injection		16	-42.7	29.4
Placebo injection		12	-40.7	26.7

PT, physiotherapy.

^a All interventions received concomitant home exercise.

Study: Ryans 2005⁴¹**Outcome: Range of movement – passive external rotation (°)**

<i>Intervention^a</i>	<i>Time point</i>	<i>No. randomised</i>	<i>Mean</i>	<i>SD</i>
Steroid injection + PT	Baseline	20	31.6	13.3
Steroid injection		20	31.7	14.1
PT + placebo injection		20	28.1	15
Placebo injection		20	26.7	10.3
<i>Intervention^a</i>	<i>Time point</i>	<i>No. analysed</i>	<i>Mean change from baseline</i>	<i>SD</i>
Steroid injection + PT	6 weeks	17	21	16.5
Steroid injection		17	14.3	15.2
PT + placebo injection		20	16.7	13.2
Placebo injection		17	6.6	13.2
Steroid injection + PT	16 weeks	17	19.7	19.7
Steroid injection		13	19.1	19.2
PT + placebo injection		16	18	14
Placebo injection		12	22.2	18.2

PT, physiotherapy.

a All interventions received concomitant home exercise.

Study: Ryans 2005⁴¹**Outcome: Quality of life – SF-36 domain score and HADS anxiety and HADS depression score**

Baseline values reported only, therefore data not extracted

HADS, Hospital Anxiety and Depression Scale.

Study: Ryans 2005⁴¹**Outcome: Other**

Not reported

Study: Ryans 2005⁴¹**Outcome: Adverse events**

Not reported