

TABLE E-1 Medical Database Search Strategy Citation Results*†

	PubMed	CINAHL	EMBASE	SportDiscus	MEDLINE	Cochrane
Adhesive + capsulitis	4269	94	48	77	173	29
Adhesive + capsulitis + shoulder	1547	34	‡	65	83	7
Adhesive + capsulitis + injection	418	4	‡	14	9	0
Frozen + shoulder	4737	101	54	161	263	46
Frozen + shoulder + injection	436	1	‡	9	2	0
Stiff + shoulder	194	21	3	45	28	15
Stiff + shoulder + injection	17	0	‡	0	0	0
Periarthritis + shoulder	820	5	‡	11	130	36
Periarthritis + shoulder + injection	60	0	‡	1	3	0
Duplay + disease	36	0	‡	0	0	0
Duplay + disease + injection	1	0	‡	0	0	0

*CINAHL = Cumulative Index to Nursing and Allied Health Literature, EMBASE = Excerpta Medica Database, Cochrane = Cochrane Central Register of Controlled Trials. †The values are given as the number of manuscripts identified for each search term. ‡Search not performed for stated terms.

TABLE E-2 Modified Coleman Methodology Score*

Study Component	Score (<i>points</i>)
Inclusion criteria	
Not described	0
Described without percentages given	3
Enrollment rate <80%	6
Enrollment rate >80%	9
Power	
Not reported	0
>80%, methods not described	3
>80%, methods described	6
Alpha error (α)	
Not reported	0
<0.05	3
<0.01	6
Sample size	
Not stated or <20	0
20 to 40	3
41 to 60	6
>60	9
Randomization	
Not randomized	0
Modified/partial	
Not blinded	2
Blinded	4
Complete	
Not blinded	6
Blinded	8
Follow-up	
Short-term (<6 months)	
Patient retention <80%	0
Patient retention 80%-90%	2
Patient retention >90%	4
Medium-term (6 to 24 months)	
Patient retention <80%	2
Patient retention 80%-90%	4
Patient retention >90%	6
Long-term (>24 months)	
Patient retention <80%	4
Patient retention 80%-90%	6
Patient retention >90%	8
Patient analysis	
Incomplete	0
Complete	3
Complete and intention-to-treat-based	6
Blinding	
None	0
Single	2

Double	4
Triple	6
Similarity in treatment	
No	0
Similar co-interventions	3
No co-interventions	6
Treatment description	
None	0
Fair	3
Adequate	6
Group comparability	
Not comparable	0
Partially comparable	3
Comparable	6
Outcome assessment	
Written assessment by patient with assistance	0
Written assessment by patient without assistance	2
Independent investigator	4
Recruited patients	6
Description of rehabilitation protocol	
Not reported	0
Not adequately described	2
Well described	4
Clinical effect measurement	
Effect size	
Not reported	0
<50%	2
50%-75%	4
>75%	6
Relative risk reduction	
Not reported	0
<25%	3
>25%	6
Absolute risk reduction	
Not reported	0
<10%	3
>10%	6
Number of patients to treat	
Not reported	0
Reported	4

*This scaled score of 0 to 100 is rated as excellent (85 to 100), good (70 to 84), fair (55 to 69), or poor (<55).

TABLE E-3 Quality Appraisal Tool*

Item	Item Description
1	Thorough literature review to define research question
2	Specific inclusion and exclusion criteria
3	Specific hypotheses
4	Appropriate scope of psychometric properties
5	Sample size calculation and justification
6	Appropriate retention and follow-up
7	Specific procedures investigated referenced, with scoring and interpretation of procedures
8	Standardized measurement techniques
9	Data presented for each hypothesis
10	Appropriate statistics point estimates
11	Appropriate statistics error estimates
12	Valid conclusions and clinical recommendations

*Each item had a maximum score of 2 and a minimum score of 0. The sum of the individual items allowed a calculation of percent (%) quality (the sum of individual scores divided by 24 multiplied by 100).