

Table 1

Grades of recommendation for outcome measures according to the level of evidence demonstrated in the reviewed studies

Grades of recommendation for outcome measures in adhesive capsulitis

	Pain	Range of motion	Functional status
Extra corporeal shock wave therapy	Grade A	Grade A	Grade A
Stretching exercises	Grade A	Grade A	Grade A
Corticosteroid injections	Grade A	Grade A	Grade A
Laser therapy	Grade A	Grade A	Grade C
Bee venom acupuncture	Grade B	Grade B	Grade B
Cryotherapy	Grade B	Grade B	Grade B
Mobilization	Grade B	Grade B	Grade B
PNF technique	Grade B	Grade B	Grade B
Ultrasound therapy	Grade B	Grade B	Grade B
Continuous passive motion	Grade B	Grade B	Grade B
Strengthening of muscles	Grade B	Grade B	Grade B
Dynamic scapular recognition exercises	Grade B	Grade B	Grade B
Conventional physiotherapy	Grade B	Grade B	Grade B
Manual muscle release technique	Grade C	Grade C	–

PNF = Proprioceptive neuro-muscular facilitation.