

## Tables

Table 1. A list of the PICO questions addressed in this guideline

PICO Review Questions
1. Does in-person physiotherapy improve symptoms faster than home exercises / single session physiotherapy / natural history in patients with frozen shoulder?
2. Is in-person physiotherapy Following Percutaneous or Surgical Intervention Beneficial for People with Frozen Shoulder?
3. Do low volume (<20mls) gleno-humeral joint steroid injections expedite improvements in pain and function in FS compared to natural history or physiotherapy?
4. Do high volume (>=20mls) gleno-humeral joint steroid injections expedite improvements in pain and function in FS compared to natural history or physiotherapy
5. Do low volume (<=20mls) freehand gleno-humeral joint steroid injections expedite improvements in pain and function in FS compared US guided injection?
6. Is low volume glenohumeral joint steroid injection beneficial compared to low volume placebo or local anaesthetic injection for frozen shoulder?
7. Do high volume (>20mls) gleno-humeral joint steroid injections expedite improvements in pain and function in FS compared to low volume gleno-humeral joint steroid injections?
8. Do high-volume (>20mls) glenohumeral joint steroid injections expedite improvements in pain and function versus high-volume placebo (saline) injection or local anaesthetic-only injections?
9. Is MUA (and steroid injection) more effective than non-operative treatment in patients with frozen shoulder?
10. Is arthroscopic release more effective than non-operative treatment in patients with frozen shoulder?
11. Is arthroscopic release more effective than hydrodilatation in patients with frozen shoulder?

Table 2. Summary statements from literature review

Summary statement	Evidence
Glenohumeral steroid injections improve symptoms faster than natural history in the treatment of frozen shoulder	Strong for
Low volume (<20mls) glenohumeral steroid injections can either be delivered using ultrasound guidance or using free-hand technique by a trained healthcare professional	Conditional for
Hydrodistension improve short term pain and range of motion faster than natural history in the treatment of frozen shoulder	Conditional for
Hydrodistension has better outcomes than low volume steroid injections in the treatment of frozen shoulder	Conditional for
Physiotherapy should be offered following injection therapy	Conditional for
MUA provides early improved functional outcomes compared to non-operative techniques (steroids & physiotherapy)	Conditional for
Physiotherapy alone improves function faster than natural history in frozen shoulder	Neutral
In-person physiotherapy should be used over single session physiotherapy or home-led exercises	Neutral
Physiotherapy should be offered following surgical treatment	Neutral
Hydrodistension improves long term pain and function compared to natural history and physiotherapy	Neutral
Arthroscopic capsular release provides improved immediate short term (<6weeks) outcomes compared to non-operative techniques	Neutral
Do high-volume (>20mls) glenohumeral joint steroid injections expedite improvements in pain and function versus high-volume placebo (saline) injection or local anaesthetic-only injections?	Neutral
MUA provides improved long-term outcomes compared to non-operative techniques	Conditional against
Arthroscopic capsular release provides improved long term outcomes	Conditional

compared to non-operative techniques

against