

# Tests of Physical Therapy Assessment Form for Patients with Frozen Shoulders

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**Background and Purposes:** It is important to establish a comprehensive assessment form for patients who receive physical therapy services in the era of managed care and evidence based medicine. This study was conducted to (1) develop a physical therapy assessment form for frozen shoulder using modified Delphi method; (2) examine its validity and reliability; and (3) investigate the responsiveness of this assessment form. **Methods:** Twenty-three senior physical therapists were invited to develop a physical therapy assessment form for frozen shoulder. Eighteen of them (78%) went through the expert validation process. Seventy-eight percent (14 physical therapists) agreed with this assessment form, while 22% (4 physical therapists) did not agree completely on some items of the form. Fourteen patients participated in reliability tests. One physical therapist assessed these patients twice to test intra-

tester reliability. These patients were also assessed by another physical therapist at the same time for inter-tester reliability. **Results:** Good intra-tester and inter-tester reliability were found (ICC=0.85-0.99) in all items except scapula sliding test (intra-tester reliability=0.61, inter-tester reliability=0.66). Thirty-three patients with frozen shoulders were assessed for the responsiveness of these diseases. These patients had significant improvement from 31-46 to 78-84 in total scores on the final evaluation ( $p < 0.01$ ), which include the assessment of pain, function, scapula sliding, muscle strength, range of motion, and satisfaction according to the developed form. **Conclusion:** The physical therapy assessment form for frozen shoulders developed in this study can be used as a reference for evaluating physical therapy treatment outcomes. (FJPT 2000;25(3): 157-168)

**Key Words:** Assessment form, Frozen shoulder, Physical therapy, Reliability, Outcome measurement