

## Patient information sheet

*A Randomized controlled trial studying Management of Adhesive Capsulitis of shoulder*

I have been explained that the doctors of orthopaedics who are treating me are trying to evaluate the efficacy of intra articular injection of Depomedrol as compared to arthroscopic capsular release in Adhesive Capsulitis of shoulder

For this purpose I will be either assigned to either the non surgical or surgical group and then my progress will be monitored for the next 20 weeks.

I have been explained in the language which I understand the risks from the study. These risks include: increased risk of infection with steroid injection along with a theoretical possibility of systemic side effects like osteoporosis ,disturbed sugar metabolism ,obesity ,decreased wound healing etc. The arthroscopic capsular release may be associated with postoperative pain and small scar marks in front and back of shoulder. There is also a small risk of tingling and numbness of the arm,forearm and fingers along with the risks of giving general anesthetic like other surgeries.

I have also been told about the theoretical benefits of the study : there is a chance of early recovery from the disease with decreased pain and early improvement in my range of motion.

My records will be confidential. All information collected in this study will be kept strictly confidential, except as may be required by law. Me or my family will not be identified by name if the results of the study are published.

I have been explained that I will receive all the proper attention for any complication that may result as a consequence of the study. This study does not carry any risk of disability or death. I have been given to understand that I am free to participate or to withdraw any time during the course of study without penalty or loss of benefit to which I am otherwise entitled. If any queries, I may contact:

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