

Resolution of Adhesive Capsulitis following Chiropractic care and Applied Kinesiology (AK): A case report

Cite: McBride AS. Resolution of Adhesive Capsulitis following Chiropractic care and Applied Kinesiology (AK): A case report. Asia-Pac Chiropr J. 2026;7.1. <https://www.apcj.site/McBrideAdhesiveCapsulitis.pdf>

Grok prompt

Summarise this case report by Adam McBride into 3 paragraphs using clinical language appropriate for a Chiropractor, and provide 5 multi-choice quiz questions with answers

Grok response

Three-paragraph summary for a chiropractic audience:

- Frozen shoulder syndrome (FSS) is a common but incompletely understood condition characterised by both active and passive glenohumeral motion restriction with largely normal radiographs. In this case report, a 30-year-old male presented with a one-month history of right shoulder pain radiating to the upper trapezius after surfing. Clinical examination demonstrated a positive Mazon's test and a positive Apley's scratch test, consistent with focal glenohumeral joint involvement and supporting a frozen shoulder phenotype in the acute stage. Postural asymmetries and segmental findings (cervical/thoracic regions) suggested compensatory biomechanical patterns contributing to shoulder dysfunction.
- The patient underwent an intensive, multimodal chiropractic/AK (Applied Kinesiology) intervention over two visits (Nov 2 and Nov 8, 2022). Therapeutic modalities included Diversified HVLA adjustments (cervical and lumbar segments), Primary Atlas Technique (PAT), AK-based manual muscle testing guiding treatment, Quantum Neurology (QN) rehabilitation, sacro-occipital technique (SOT) blocks, and therapy localisation targeting neuromuscular spindle systems (including pelvis, pubic bone, PMC/iliacus, TFL, and hyoid-related structures). TL (therapy localisation) and muscle testing guided adjustments to the left C1, C5, L1, L5, and selected sacral/pelvic structures, as well as associated soft-tissue and neuromuscular targets.
- Clinically, the patient reported complete resolution of right shoulder pain by the second visit, with restoration of ROM demonstrated by negative Mazon's and Apley's scratch tests and the ability to lift furniture and surf without pain within six days. The case discusses the potential for AK-guided, whole-body musculoskeletal alignment to mitigate shoulder dysfunction in FSS, while acknowledging the lack of long-term outcomes and the relative paucity of high-level evidence supporting chiropractic/AK approaches for FSS. The discussion also contextualises conventional nonoperative options (physiotherapy, NSAIDs, corticosteroid injections, MUA) and emphasises the need for further research on AK- and chiropractic-based protocols for FSS.

Grok quiz

Five multiple-choice questions (with answers):

1. Which clinical tests supported the diagnosis of right glenohumeral joint involvement in this patient?

- A) Neer and Hawkins tests
- B) Mazon's Shoulder Manoeuvre and Apley's Scratch test
- C) Empty can and infraspinatus tests
- D) Speed's test and O'Brien's test

Answer: B

2. What was the primary therapeutic approach used in this case report?

- A) Intra-articular corticosteroid injections
- B) Rotator cuff repair
- C) Applied Kinesiology (AK) with chiropractic adjustments and Quantum Neurology (QN)
- D) Physical therapy with passive ROM exercises only

Answer: C

3. Which segmental areas were targeted with HVLA adjustments according to the report?

- A) Only the right shoulder
- B) Cervical, thoracic, and lumbar regions (e.g., C1, C5, T4-T6, T8-T10, L1, L5)
- C) Pelvis only
- D) No spinal adjustments were performed

Answer: B

4. What immediate outcome did the patient report after the second visit?

- A) Partial improvement with persistent shoulder pain
- B) No change in symptoms
- C) Complete resolution of right shoulder pain and return to activities

- D) Worsening of neck pain with new shoulder symptoms

Answer: C

5. According to the discussion, what is a major limitation in applying AK/chiropractic care for FSS based on this case?

- A) High risk of complications from HVLA
- B) Lack of long-term outcome data and limited high-quality evidence
- C) Inability to perform any diagnostic tests
- D) Excessive costs compared with all standard medical therapies

Answer: B