Background: Shoulder pain (Wajaul Katf) is one of the commonest musculoskeletal problems attended in the outpatient setting. In fact it is the third most common disease of musculoskeletal system. Disabilities in activities of daily living are common due to shoulder pain. Despite advancement in medicine, this disease remains hard to treat. Unani scholars are known to manage musculoskeletal disorders by number of regimens like Hijama (cupping). Cupping has the function of calefacient and encouraging the flow of energy in the blood thus driving off cold, dampness, and toxins. Method: This pilot study was carried out on 9 patients attending IBT, OPD as an open prospective clinical trial. Each patient is subjected to three cycles of cupping therapy on alternate day basis. Assessment was done through using Shoulder Pain and Disability Index (SPADI). Interpretation and Conclusion: The study revealed that cupping (Hijamat) is effective for relief of shoulder pain and concern disability.

**ABSTRACT**

**Inclusion criteria**

- patients of either gender,
- age group of 20-65 years of age,
- having right or left shoulder pain
- with or without restriction of movement
- disease duration of less than 12 months
- having right or left shoulder pain
- with or without restriction of movement
- disease duration of less than 12 months
- having right or left shoulder pain
- with or without restriction of movement

**Material and Methods**

The pilot study was conducted in month of November and December 2014 as an open labelled, prospective trial on 9 patients after obtaining a written informed consent.

**Following inclusion and exclusion criteria were used**

**Inclusion**

- patients of either gender,
- age group of 20-65 years of age,
- having right or left shoulder pain
- with or without restriction of movement
- disease duration of less than 12 months
Exclusion criteria
- having other type of arthritis of shoulder (e.g. RA)
- trauma of shoulder
- Psycho somatic disorder,
- pregnancy and lactation,
- All chronic diseases,

All the nine patients after obtaining written informed consent were subjected to the procedure (i.e. Dry Cupping), in which 4 manual suction cups were applied bilaterally over the affected shoulder region for 20 minutes. Three sittings of above said procedure were done on alternate days.

Before and after intervention, pain and disability in shoulder was assessed using Shoulder Pain and Disability Index (SPADI).

**OBSERVATION AND RESULTS**

In this study 10 patients were participated, out of which 9 completed the study, one patient drops out due to unknown reason, out of 9, 56 % were male and 44 % were females, all of 9 patients (100 % ) were complain of pain in shoulder and one or more disability in daily routine works arising due to shoulder pain.

The study outcomes on pain and disability were assessed using SPADI, before treatment and after treatment values were subjected to statistical analysis by using student t test.

**Table 1: Effect of the study on pain with VAS**

<table>
<thead>
<tr>
<th>Group</th>
<th>Before treatment</th>
<th>After treatment</th>
<th>Difference</th>
<th>t value</th>
<th>p value</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>30.8899</td>
<td>16.6667</td>
<td>14.2</td>
<td>5.54</td>
<td>&lt;0.001</td>
</tr>
</tbody>
</table>

**Table 2: Effect of the study on Disability**

<table>
<thead>
<tr>
<th>Group</th>
<th>Mean</th>
<th>Difference</th>
<th>t value</th>
<th>p value</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>14.4444</td>
<td>19.4444</td>
<td>2.34</td>
<td>&lt;0.001</td>
</tr>
</tbody>
</table>

**REFERENCES**