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”Physiotherapy protocol for rotator cuff tendinitis; results for a group of 230 patients”

Th. MARC, D. RIFKIN, Th. GAUDIN, F. LACAZE, J. TEISSIER.

In case of a rotator cuff tendinitis, rehabilitation is often prescribed as the first solution.

The aim of this work is to **study the efficiency of a protocol (C.G.E. method) based on specific mobilizations of the glenohumeral joint.**

Materials & Method (I)

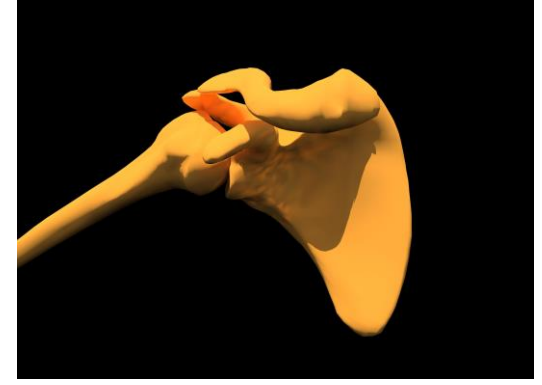
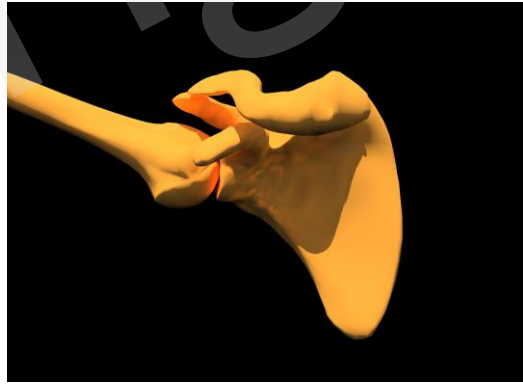
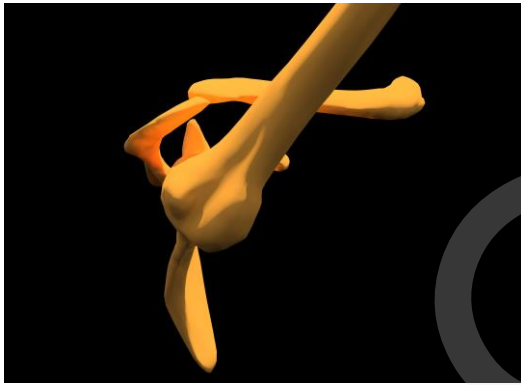
- 230 patients (125 women), mean age (+/- 16,6).
- The initial and final evaluations comprised:
 - tendinous tests (Jobe, Patte, Gerber and belly press test).
 - the Neer and Hawkins tests.
 - the measure of the thoracohumeral angle performed during a Yocum test (active motion without resistance).
- the measure of the passive motion of the abduction, glenohumeral flexion and horizontal abduction.
- The Constant score was 58,4 at the beginning of treatment.

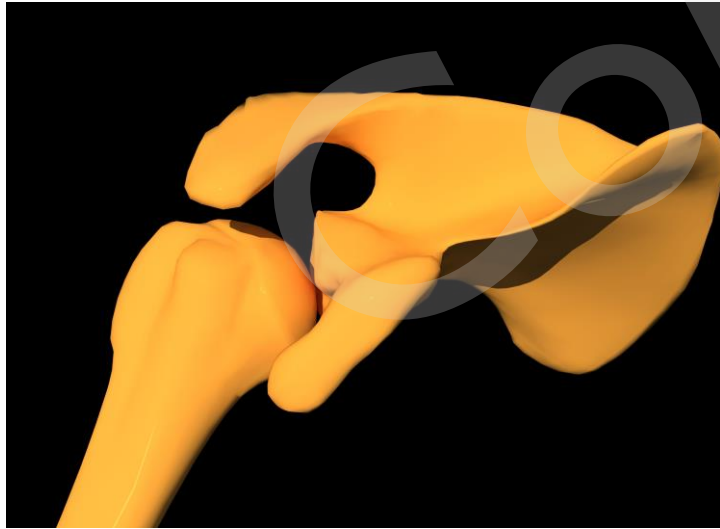
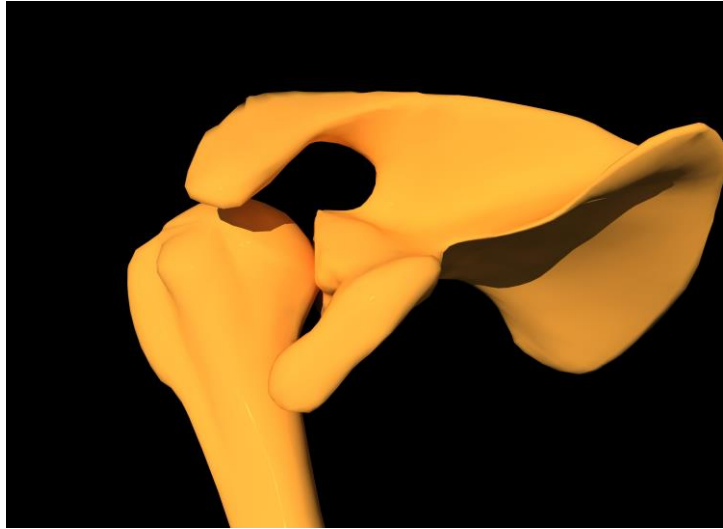
Materials & Method (2)

- The protocol of rehabilitation relied on specific passive mobilizations (gentle manipulations) aimed at recovering the glenohumeral mobility quickly without triggering a painful reaction.
- A stretching of the posterior capsule was then performed.
- An electrostimulation was applied on the lateral rotator muscles until the painful phenomena disappeared. It was relayed by exercises done against rubber band in position REI. The posology of the sessions was 3, then 2 and finally 1 per week (average of 23).

Active Yocum Test



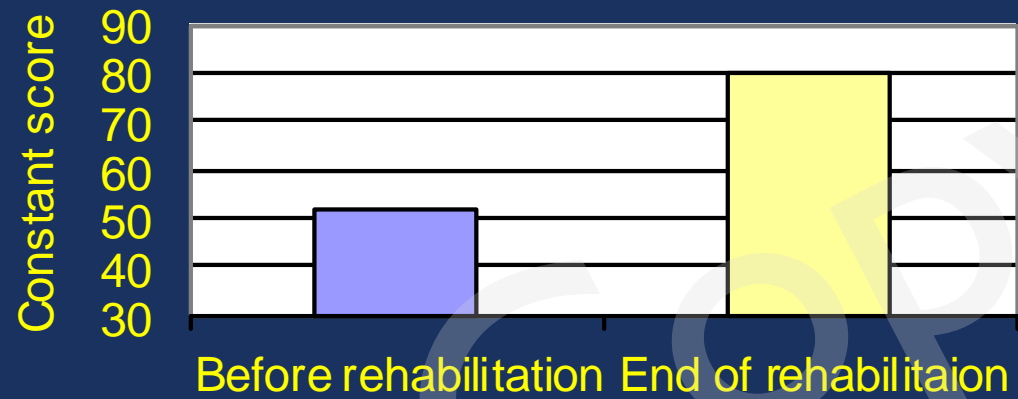




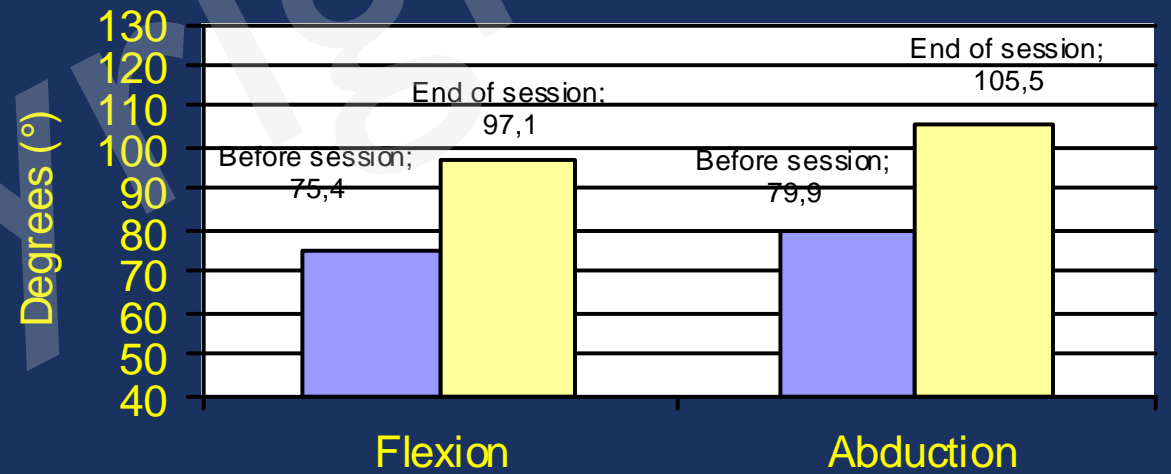
Results

- After treatment, the Constant score increase to 79,7 (gain 19,9).
- Passive flexion and abduction in glenohumeral joint are improved.
- A multiple regression analyzes shows that it's the gain of abduction that better explain the progression of the Constant score.

Improvement of the Constant score by the C.G.E. method. (n=230)



Passive motion improvement in one session of physical therapy



The protocol of rehabilitation (C.G.E.method)permits the improvement in a significant way (20 points) of the patients presenting a rotator cuff tendinitis.

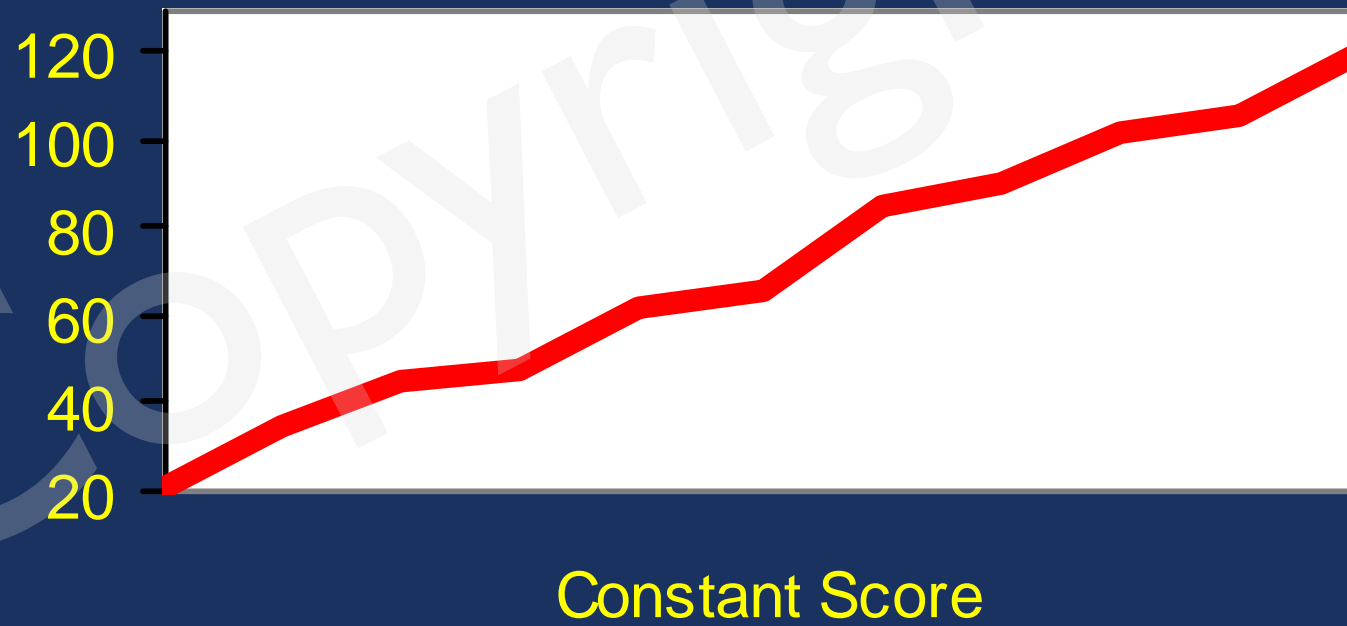
The loss and the gain of passive glenohumeral abduction explain the functional improvement.

The training involved in this manipulation is submitted to a curve which can be sometimes fairly long, but it enables the physical therapist to treat precisely the biomechanical abnormalities responsible for the functional deficit.

The strengthening of the lateral rotators enables one to make durable an optimal functioning.

Relation between the passive glenohumeral abduction and Constant score

Passive glenohumeral abduction (°)



Centre de rééducation spécialisée. 15, Avenue du Professeur
Grasset 34090 MONTPELLIER-FRANCE

Thank you for your attention.

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