

PSI Evidence-Based Newsletter

The **only** physiotherapy clinics in Ottawa **accredited** by the Canadian Physiotherapy Association for excellence in service

Shoulder Tendonitis - The Facts

- 11 patients out of every 1000 visit their doctor for shoulder complaints each year.
- Rotator cuff tendonitis is the most common shoulder disorder, accounting for 20% of cases.
- Arm elevation increases the pressure in the subacromial space. Surgical decompression only reduces this by 5%. Correct muscle balance can decrease this pressure.

Shoulder Pain

- Rotator cuff (RC) tendonitis can lead to a tear if left untreated.
- Most RC tears (90%) occur gradually after a history of shoulder problems.
- Calcium deposits in the RC tendon can cause severe pain and marked decrease in range of motion.
- Pain, weakness and loss of motion are the most common symptoms.
- Key test in assessment is for an impingement sign.

Physiotherapy helps!

- Ultrasound is effective in the treatment of calcific shoulder tendonitis
- Weak muscles can lead to a 61% increase in subacromial pressure.
- Improving the timing and strength of the posterior cuff can reduce the pressure in the subacromial space.
- Surgical intervention has not been shown to be superior to physiotherapy in RC impingement.

Ref: , Weulker, N et al. (1995) "Coracoacromial pressure recordings in a cadaveric model". J Shoulder Elbow Surgery 4(6): 462-467.
Barclay, L, Lie, D. "Surgery, exercise therapy have similar outcomes for rotator cuff impingement", Ann. Rheum. Dis. 64:760-764.
Ebenbichler, G et al. (1999) "Ultrasound Therapy for Calcific Tendinitis of the Shoulder", New England Journal of Medicine, 340:1533-1538.
Haahr, JP et al. (2005) Exercises versus arthroscopic decompression in patients with subacromial impingement: a randomised, controlled study in 90 cases with a one year follow up, Ann. Rheum. Dis., 64:760-764.

Why use PSI Physiotherapy and Sports Injury Centres?

- ✓ We focus on functional outcomes.
- ✓ We improve level of function, ability to work, and quality of life.
- ✓ We aim for long-term results not just short-term pain relief.
- ✓ 90% of patients surveyed felt 76-100% better after physiotherapy.