

Efficacy of Cool's and Rhythmic Stabilization Exercises on Scapular up Ward Rotation and Ut/Sa Ratio in Patients with Shoulder Impingement Syndrome

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Abstract : Shoulder impingement syndrome is the most common disorder of the shoulder, resulting in functional loss and disability. Objective: This study was designed to compare between the effects of scapular muscle training versus rhythmic stabilization exercises in treatment of shoulder impingement syndrome. Methods: Thirty patients participated in this study; they were assigned randomly into two experimental groups. The first experimental group (A) consisted of 15 patients with a mean age (21.87 ± 2.72) years; they received graduated rhythmic stabilization exercises and stretching of the posterior capsule. The second experimental group (B) consisted of 15 patients with a mean age (22.27 ± 2.94) years; they received scapular muscle training exercises in addition to stretching of the posterior capsule. Treatment was given three times per week, every other day, for four consecutive weeks. Patients have been evaluated pretreatment and post treatment for shoulder pain severity and functional disability. Results: Both groups showed highly statistical significant reduction in pain severity and functional disability measured post-treatment when compared with their corresponding values in pretreatment assessment. Conclusion: Both of rhythmic stabilization exercises and scapular muscle training are effective interventions to reduce shoulder pain severity and functional disability.

Keywords : impingement syndrome, scapular exercises, rhythmic stabilization exercises, posterior capsule stretch

Conference Title : ICOT 2016 : International Conference on Orthopaedics and Trauma

Conference Location : San Francisco, United States

Conference Dates : June 09-10, 2016