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Dit is de nieuwsbrief van de commissie journal club van Schoudernetwerk Amsterdam.

Effects of eccentric exercise in patients with subacromial impingement syndrome: a systematic review and meta-analysis

The aim of this systematic review was therefore to investigate the effects of eccentric exercise on pain and function in patients with subacromial impingement syndrome compared with other exercise regimens or interventions. A secondary aim was to describe the included components of the various eccentric exercise regimens that have been studied.

**Conclusions:** Evidence of low certainty suggests that eccentric exercise may provide a small but likely not clinically important reduction in pain compared with other types of exercise in patients with subacromial impingement syndrome. It is uncertain whether eccentric exercise improves function more than other types of exercise. Methodological limitations of existing studies make these findings susceptible to change in the future.

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Exercise therapy may affect scapular position and motion in individuals with scapular dyskinesia: a systematic review of clinical trials

**Background:** Therapeutic exercise for scapular muscles is suggested to be effective in reducing shoulder pain in patients with rotator cuff disorders, whereas its effectiveness on scapular position and motion has remained unclear.

Therefore, the aim of this systematic review was to investigate whether exercise therapy improves scapular position and motion in individuals with scapular dyskinesia.

**Methods:** This study is a wide systematic review including any type of clinical trial in which the effect of any type of therapeutic exercise, including scapular muscle strengthening, stretching, and scapular stabilization exercise, is investigated in adult participants.

**Conclusion:** There is a lack of evidence for beneficial effects of exercise in improving scapular position and motion in individuals with scapular dyskinesia. However, exercise is beneficial in reducing pain and disability in individuals with SIS.

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Does strength deficit correlate with shoulder function in patients with rotator cuff tears? Characteristics of massive tears

**Background:** The correlation between shoulder strength deficits and function in rotator cuff tears remains uncertain. This study aimed to determine the correlation between shoulder strength deficits and shoulder function evaluated by various clinical scoring systems.

**Conclusions:** Shoulder strength deficits measured via isokinetic testing and shoulder function were weakly correlated in patients with rotator cuff tears. However, shoulder strength deficits in patients with massive tears considerably worsened shoulder function and systemic disability, but not regional disability. In particular, internal rotator strength deficits were strongly correlated with poor shoulder function.

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