Nieuwsbrief Journal club Schoudernetwerk Amsterdam

December 2019

De journal club wenst alle leden van het Schoudernetwerk Amsterdam fijne feestdagen!

The effect of tactile and verbal guidance during scapulothoracic exercises - An EMG and kinematic investigation

Clinician-led training through tactile and verbal guidance to improve muscle activity and joint motion are a common but understudied focus of therapeutic interventions for shoulder pain. The purpose of this study was to determine if clinician guidance changes scapulothoracic muscle activity and kinematics compared
to unguided shoulder exercises

Vibration as an adjunct to exercise - Its impact on shoulder muscle activation

There is an interest within elite sport in understanding the impact of a vibrating platform as an adjunct to exercise
in the training and rehabilitation of throwing athletes. However, there has been no compre-
hensive evaluation of its impact
on the rotator cuff muscles or its effect on the timing of shoulder muscle recruitment more globally.

The effect of experimental shoulder pain on contralateral muscle force and activation

Inhibition of rotator cuff activa-
tion and force after local experi-
mental pain has been previously shown. Clinically, strength is often indexed to the uninvolved side in order to quantify deficits
during injury and recovery. This study assessed the effect of ex-
perimental subacromial pain on contralateral shoulder external rotation (ER) force and acti-
vation.

Proprioception How is it affected by shoulder pain - A Systematic review

Proprioception encompasses the submodalities of joint position sense (JPS), kinesthesia,
sense of force, and velocity. Owing to the vast mobility of the shoulder, it heavily relies on an intact sense
of proprioception. Moreover, shoulder injuries are associated with a decreased sense of proprioception. What remains unclear is how shoulder proprioception is affected by pain and competing nociceptive senses.
Purpose of this study: To summarize the literature evaluating the relationship between pain and shoulder
proprioception.

Artikelen in dropbox SNA

Translation and evaluation of psychometric properties of the SANEM in shoulder patients

The Single Assessment Numeric Evaluation Method (SANEM) is a holistic patient-reported outcome
measure (PROM) that includes all aspects involving the shoulder. It is simple and easy to administer. It consists of only one question, namely how would you rate your shoulder today as a percentage of normal (0 to 100% with
100% being normal)? The purpose of this study was to translate the SANEM in Dutch and to assess its construct validity, reliability, and responsiveness.

Artikelenin Dropbox SNA

Diagnostic accuracy of clinical tests directed to the long head of biceps tendon in a surgical population

The objective was to examine the clinical utility of old and new clinical tests directed to
the long head of the biceps tendon and to quantify the importance of proper test interpretation

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Podcast Sternoclavicular joint pain diagnosis, imaging & red flags with Jo Gibson

Youtube SSPA Congres Shoulder & Sport 2019