

# Nieuwsbrief Journal club Schouderennetwerk Amsterdam



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## A randomized single-blinded trial of early rehabilitation versus immobilization after reverse total shoulder arthroplasty

Background: Reverse total shoulder arthroplasty (RTSA) does not have a standard postoperative protocol. Although instability is a worrisome complication, prolonged immobilization may also be disabling in the elderly population. This study aimed to determine if early vs. delayed range of motion (ROM) after RTSA affected postoperative ROM, patient-reported outcomes, and the dislocation rate. Conclusions: Both early- and delayed-ROM protocols after RTSA demonstrated significant, similar improvements in ROM and outcomes. Early initiation of postoperative rehabilitation may

## Effects of Modified Posterior Shoulder Stretching Exercises on Shoulder Mobility, Pain, and Dysfunction in Patients With Subacromial Impingement Syndrome

**Results:** Pain, PST, shoulder rotation ROM, function, and disability improved in all groups ( $P < 0.05$ ). The MCS and MSS groups had better results compared with the control group with regard to pain with activity, internal rotation ROM, function, and disability ( $P < 0.05$ ). There was no significant difference between the stretching groups ( $P > 0.05$ ).

**Conclusion:** All treatments improved pain, shoulder mobility, function, and disability in patients with SIS. However, modified PSSEs in addition to a treatment program was superior to

## The Thoracic Spine in the Overhead Athlete

Overhead athletes are susceptible to many injuries, particularly in the shoulder and lumbar spine. Due to the heterogeneity of these two regional injuries, it is difficult to pinpoint the exact origin. A potential contributing factor that should be thoroughly evaluated is the thoracic spine. It can be challenging to quantify exactly how much thoracic spine mobility or lack thereof plays a role toward injury. Despite this, when examining mechanics of an overhead athlete, if neuromuscular control of the thorax is impaired, adjacent motion segments often take the brunt of the required movements. This article addresses the need to incorporate the thoracic spine when