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The "upper limb rotation test": Reliability and validity study of a new upper extremity physical performance test

Objectives: The primary purpose was to evaluate the reliability of the Upper Limb Rotation Test (ULRT). The secondary objective was to evaluate the relationship between the ULRT and two PPTs (Physical Performance Tests).

Results showed good reliability. The SEM 95 and the MDC95 showed clinically acceptable absolute reliability values for the ULRT. A moderate correlation was found between the ULRT and CKCUEST (Closed Kinetic Chain Upper Extremity Stability Test) scores. A moderate correlation was found between ULRT and SMRT (Sit

Reliability of a shoulder arm return to sport test battery

Objectives: To establish the reliability and responsiveness of a clinical test battery developed to determine readiness to return to sport after an upper extremity injury. A second objective was to examine the limb symmetry in single limb tests.

Results Drop Catches and Ball Taps showed a learning effect between Days 2e3. Intra-rater reliability for the remaining six tests between Days 2e3 ranged between 0.78 (95%CI 0.63e0.88) and 0.96 (95%CI 0.92 e0.98) while inter-rater reliability on Day 2 ranged between ICC ¼ 0.96 (95%CI 0.94e0.98) and ICC ¼ 0.99 (95%CI 0.98e0.99). Two tests (BABER (93%) and Drop Catches (93%)) were significantly decreased on the non-dominant side

An Update of Systematic Reviews Examining the Effectiveness of Conservative Physical Therapy Interventions for Subacromial Shoulder Pain

OBJECTIVE: To update a systematic review published in 2013 that focused on evaluating the effectiveness of interventions within the scope of physical therapy, including exercise, manual therapy, electrotherapy, and combined or multi modal approaches to managing shoulder pain.

CONCLUSION: There is a growing body of evidence to support exercise therapy as an intervention for subacromial shoulder pain. Ongoing research is required to provide guidance on exercise type, dose, duration, and expected outcomes. A strong recommendation may be made