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20-22 SEPTEMBER 2023 | BUDAPEST, HUNGARY

Shoulder range of motion and acromiohumeral distance in individuals with persistent shoulder pain

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INTRODUCTION

Shoulder range of motion

Acromiohumeral distance

Rotator cuff related shoulder pain (RCRSP) [1, 2]

AIM

❖ **To explore the association between shoulder pain and function, range of motion (ROM) and acromiohumeral distance (AHD) in individuals with persistent RCRSP.**

METHODS

PARTICIPANTES

❖ 130 individuals → **Persistent RCRSP**
❖ 45.3±9.5years
❖ 64.6 women
❖ 54.6% → pain duration > 1year

PAIN

❖ Clinical Examination + self-reported history [3]

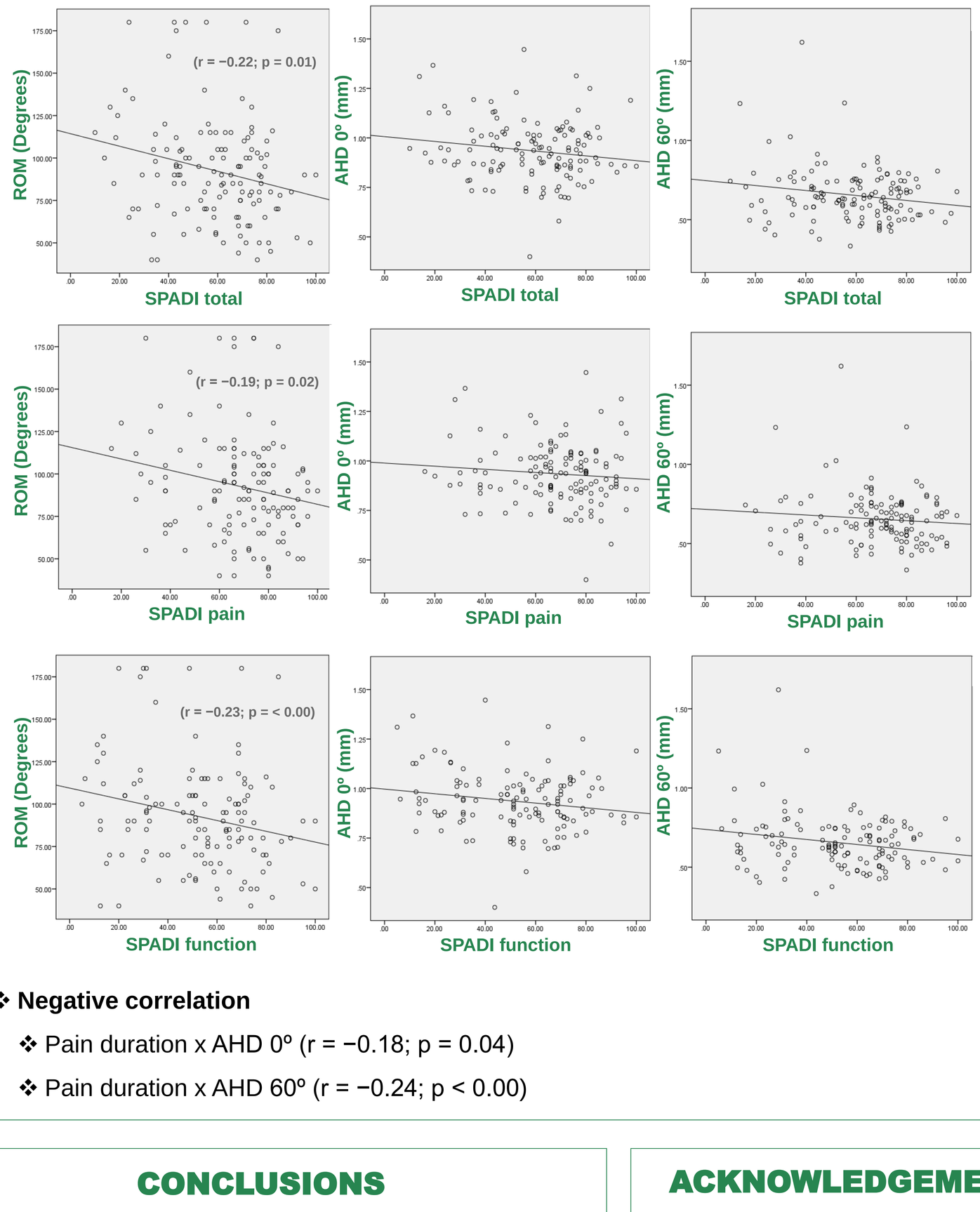
OUTCOME MEASURES

- **Shoulder Pain Disability Index (SPADI)**
- Shoulder elevation (ROM) → scapular plane
- AHD → ultrasonography → 0 and 60 degrees [4]
  - Standing position - 3 repetitions – mean
  - Same evaluator

❖ **Statistical Analysis:**

- Pearson correlation coefficient
  - SPADI X ROM
  - SPADI X AHD → SPADI total score → pain and disability
  - $p<0.05$

RESULTS



❖ **Negative correlation**

❖ Pain duration x AHD 0º ($r = -0.18$; $p = 0.04$)
❖ Pain duration x AHD 60º ($r = -0.24$; $p < 0.00$)

CONCLUSIONS

❖ **Small association between shoulder pain and function, ROM and AHD in individuals with persistent RCRSP.**

ACKNOWLEDGEMENT

Financial support: II Plan Propio de Investigación, Transferencia y Divulgación Científica de la Universidad de Málaga

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