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Effectiveness of ultrasound therapy in combination with manual therapy and shoulder exercises for supraspinatus tendinitis

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The supraspinatus tendon is the muscle that connects the scapula to the humerus in the rotator cuff. Supraspinatus tendons are vulnerable to tendinitis. This condition is used in our study as the majority of supraspinatus tendinitis may be successfully managed with conservative treatment. the effectiveness of US therapy in the treatment of Supraspinatus tendinitis is still under debate. This is a randomized control study. Patients diagnosed with Supraspinatus tendinitis from Teaching Hospital Peradeniya and Teaching Hospital Kurunegala, satisfying the inclusion and exclusion criteria were included in the study. By convenient sampling, 30 participants were divided into an intervention group and a control group. Among these 15 participants from each group completed the study and were included for analysis. The treatment protocol for the control and intervention groups included the application of manual physical therapy and performance of shoulder exercises; the intervention group received ultrasound therapy in addition to these treatments. A total of 15 treatment sessions with 5 sessions per week over a period of 3 weeks was given. The duration of each treatment session was 40 minutes for the control group and 45 minutes for the intervention group. Shoulder pain intensity, disability, and range of movement in all directions were assessed by Visual analog scale, Shoulder Disability Index and Goniometer respectively. Data was collected using a standard shoulder assessment format. In the control group, VAS for pain measurement has reduced from 52.54±23.24 to 10.95 ± 9.52, the disability index has reduced from 50.11±19.11 to 8.13 ± 7.03. And the ROM for abduction external rotation and internal rotation were increased from abduction 138.5±46.2 to 172.77 ±16.90, external rotation 45.38±19.73 to 67.54± 13.15, and internal rotation 42.46 ±21.88 to 79.69 ± 12.33 In the intervention group VAS for pain measurement has reduced from 58.65 ±20.56 to 16.66± 13.02, the disability index has reduced from 46.83±19.80 to 16.24 ± 13.26. And the ROM for abduction external rotation and internal rotation were increased from abduction 128.31 ±31.84 to 165.00 ±21.41, external rotation 48.31±17.72 to 80.00 ±14.72, and internal rotation 48.31±17.72 to 63.77± 13.40. The study finally concludes that ultrasound therapy has no additional benefit when combined with manual therapy and shoulder exercises in the treatment of patients with Supraspinatus tendinitis to reduce pain, disability and to improve ROM. The measurements in VAS, disability index and shoulder ROM shows significant improvement in both control and intervention groups at the end of three weeks treatment period.

Biography

Praveena Thiruvasagar has completed his BSc in Physiotherapy at the age of 23 years from the University of Peradeniya and completed diploma in exercise and sports medicine from the faculty of Medicine, University of Peradeniya, Srilanka. she is working as a lecturer, attached to the Department of Physiotherapy, General Sir John Kotelawala Defence University, Srilanka. she has published 4 research articles in the international conferences and journals and she has the local publications also.

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