

Sport Therapy For The Shoulder Evaluation Rehabil

The Shoulder
 Physical Therapy of the Shoulder
 FrameWork for the Shoulder
 Disorders of the Shoulder: Sports Injuries
 Quick Questions in the Shoulder
 Postsurgical Orthopedic Sports Rehabilitation
 Shoulder Rehabilitation
 Shoulder Injuries in Sport
 Physical Therapy of the Shoulder
 The Athlete's Shoulder
 Orthopedic Therapy of the Shoulder
 Athletic Injuries of the Shoulder
 Shoulder Rehabilitation
 Postsurgical Orthopedic Sports Rehabilitation
 Heal Your Frozen Shoulder
 Healthy Shoulder Handbook: Second Edition
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 Physical Therapy of the Shoulder
 The Athlete's Shoulder
 Patients with subacromial pain in primary care
 The Vital Shoulder Complex
 Sport Therapy for the Shoulder
 Treat Your Own Shoulder
 Therapeutic Exercise
 Build the Resilient Shoulder
 Shoulder and Elbow Injuries in Athletes
 Sports Injuries to the Shoulder and Elbow
 The Shoulder in Sport
 Shoulder Rehabilitation, An Issue of Physical Medicine and Rehabilitation Clinics of North America, E-Book
 Evaluation and Treatment of the Shoulder
 Physical Therapy of the Shoulder - E-Book
 Treat Your Own Rotator Cuff
 Bulletproof Your Shoulder
 Sport Therapy for the Shoulder
 Sport Therapy for the Shoulder
 Sport Therapy for the Shoulder
 Frozen Shoulder Workbook
 Bulletproof Your Shoulder
 A Systematic Approach to Shoulder Rehabilitation
 The Shoulder and the Overhead Athlete

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SANTOS JAZLYN

The Shoulder North Atlantic Books

A "bulletproof shoulder" is a shoulder that is pain-free and resistant to injury - and you can have one too - Bulletproof Your Shoulder will show you how. In less than 100 pages, readers will learn about the Bulletproof Shoulder Program - a series of simple and powerful exercises you do at home or in the gym, that take a few minutes a day to do - yet create powerful changes in your shoulder tissues making it bulletproof to pain and injury. Recommended for chronic shoulder pain, athletes, workers who do repetitive arm activities, or anyone who simply wants to get rid of or avoid shoulder problems. Jim Johnson, P.T. is a physical therapist who has spent over twenty-three years treating both inpatients and outpatients with a wide range of pain and mobility problems. He has written many books based completely on published research and controlled trials including Treat Your Own Hand and Thumb Osteoarthritis, Treat Your Own Knee Arthritis, Treat Your Own Carpal Tunnel Syndrome and Treat Your Own Achilles Tendinitis. His books have been translated into other languages, and thousands of copies have been sold worldwide. Besides working full-time as a clinician in a major teaching hospital and writing books, Jim Johnson is a certified Clinical Instructor by the American Physical Therapy Association and enjoys teaching physical therapy students from all over the United States.

Physical Therapy of the Shoulder Churchill Livingstone

Thorough and concise, this practical reference provides a unique, on-field management approach to all athletic injuries to the shoulder and elbow, as well as nonoperative and operative treatment options, including arthroscopy and open surgery. Focusing on high-performance athletes, leading authorities in the field demonstrate how to provide pain relief, restore function, and return the athlete to sport and to prior level of performance in a safe and timely fashion. Showcases the knowledge and expertise of an international group of editors and authors who have served as president of the American Orthopaedic Society for Sports Medicine, the American Shoulder and Elbow Surgeons and the Arthroscopy Association of North America, are physicians or consultants for professional and collegiate sports teams, have won awards for research in the field of shoulder surgery, are editors and reviewers for peer-reviewed journals, and much more. Contains rehabilitation guidelines and critical return-to-sport protocols - essential information for nonsurgical healthcare providers -- primarily on athletes under the age of 40, with some consideration of the older athlete (professional golfer, for example). Contains a section in each chapter covering "On-the-Field Management and Early Post-Injury Assessment and Treatment" - a must-read for immediate care of the injured athlete and ensuring the safe return to play. Covers the most recent advances in the management of tendon tears in elite and overhead athletes, including prevention in youth sports, early sports specialization, and changing standards of care regarding shoulder and elbow instability. Provides a thorough review of current ulnar collateral ligament injury diagnosis, imaging, non-operative management, and surgery, as well as acromioclavicular and sternoclavicular joint injuries, clavicle and olecranon fractures, and OCD of the capitellum.

FrameWork for the Shoulder Simon and Schuster

The latest edition of this in-depth look at athletic injuries of the shoulder has been updated to feature 16 new chapters, additional illustrations and algorithms, an added focus on arthroscopic treatments, and pearls that highlight key information. Additional contributing authors give you a fresh spin on new and old topics from rehabilitation exercises to special coverage of female athletes, pediatrics, and golfers. This book offers coverage of arthroscopy, total joint replacement, instability, football, tennis, swimming, and gymnastic injuries, rotator cuff injuries, and much, much more! The large range of topics covered in this text ensures that it's a great resource for orthopaedists,

physical therapists, athletic trainers, and primary care physicians. - Presents a multidisciplinary approach to the care of the shoulder, combining contributions from the leaders in the field of orthopedic surgery, physical therapy, and athletic training. - Demonstrates which exercises your patients should perform in order to decrease their chance of injury or increase strength following an injury through illustrated exercises for rehabilitation and injury prevention. - Illustrates how the shoulder is affected during activity of certain sports with a variety of tables and graphs. - Covers a large range of topics including all shoulder injuries to be sufficiently comprehensive for both orthopaedists and physical therapists/athletic trainers. Features 16 new chapters, including Internal Impingement, Bankarts: Open vs. Arthroscopy, Adhesive Capsulitis of the Shoulder, Cervicogenic Shoulder Pain, Proprioception: Testing and Treatment, and more. - Details current surgical and rehabilitation information for all aspects of shoulder pathology to keep you up-to-date. - Organizes topics into different sections on anatomy, biomechanics, surgery, and rehabilitation for ease of reference.

Disorders of the Shoulder: Sports Injuries Nick Hagen - Capacity Performance Therapy

The Shoulder: Theory & Practice presents a comprehensive fusion of the current research knowledge and clinical expertise that will be essential for any clinician from any discipline who is involved with the assessment, management and rehabilitation of musculoskeletal conditions of the shoulder. This book is a team project-led by two internationally renowned researchers and clinicians, Jeremy Lewis and César Fernández-de-las-Peñas. Other members of the team include over 100 prominent clinical experts and researchers. All are at the forefront of contributing new knowledge to enable us to provide better care for those seeking support for their shoulder problem. The team also comprises the voices of patients with shoulder problems who recount their experiences and provide clinicians with important insight into how better to communicate and manage the needs of the people who seek advice and guidance. The contributing authors include physiotherapists, physical therapists, medical doctors, orthopedic surgeons, psychologists, epidemiologists, radiologists, midwives, historians, nutritionists, anatomists, researchers, rheumatologists, oncologists, elite athletes, athletic trainers, pain scientists, strength and conditioning experts and practitioners of yoga and tai chi. The cumulative knowledge contained within the pages of The Shoulder: Theory & Practice would take decades to synthesise. The Shoulder: Theory & Practice is divided into 42 chapters over three parts that will holistically blend, as the title promises, all key aspects of the essential theory and practice to successfully support clinicians wanting to offer those seeing help the very best care possible. It will be an authoritative text and is supported by exceptional artwork, photographs and links to relevant online information.

Quick Questions in the Shoulder Human Kinetics

In this issue of Physical Medicine and Rehabilitation Clinics, guest editor Dr. Thomas (Quin) Throckmorton brings his considerable expertise to Shoulder Rehabilitation. Top experts in the field cover key topics such as shoulder impingement syndrome; non-operative treatment of rotator cuff tears; post-operative rehabilitation following rotator cuff repair; non-operative treatment of the biceps-labral complex; post-operative rehabilitation after SLAP repair; and more. - Contains 12 relevant, practice-oriented topics including post-operative rehabilitation after surgery for shoulder instability; scapular dyskinesis; adhesive capsulitis; post-operative rehabilitation after shoulder arthroplasty; muscular re-training and rehabilitation after tendon transfer surgery in the shoulder; and more. - Provides in-depth clinical reviews on shoulder rehabilitation, offering actionable insights for clinical practice. - Presents the latest information on this timely, focused topic under the leadership of experienced editors in the field. Authors synthesize and distill the latest research and practice guidelines to create clinically significant, topic-based reviews.

Postsurgical Orthopedic Sports Rehabilitation Elsevier Health Sciences

Are you looking for concise, practical answers to questions that are often left unanswered by

traditional sports medicine references? Are you seeking brief, up-to-date, expert advice for common issues that can be encountered when working with athletes? Quick Questions in the Shoulder: Expert Advice in Sports Medicine provides a unique format of concise and to the point responses with clinical application, backed by the latest research on shoulder injuries among athletes. Dr. Kellie C. Huxel Bliven and her contributors present 39 common clinical questions regarding the prevention, assessment, treatment, management, and rehabilitation of the shoulder. Co-published with the National Athletic Trainers' Association, Quick Questions in the Shoulder: Expert Advice in Sports Medicine provides concise answers to 39 frequently asked clinical questions. Written in a conversational tone, the authors of the individual questions represent a variety of different backgrounds and are experts in their respective field. The variety of questions and brevity of responses will make this a book that is easy to read and reference at the point of care. Some sample sections and questions include: Factors related to shoulder function How does the trunk contribute to upper extremity function and injury risk in overhead athletes? Injury diagnosis What are the best clinical tests for determining if a patient has scapular dyskinesis and to determine if it is contributing to their shoulder pain and dysfunction? Injury treatment and rehabilitation What are the most effective glenohumeral mobilization techniques and when are they most appropriate to use to improve shoulder function and range of motion? The overhead athlete What assessments should be used in screening overhead athletes to determine who is at increased risk for injury and what are the most effective injury prevention strategies? Quick Questions in the Shoulder: Expert Advice in Sports Medicine is the perfect at-your-side resource for the athletic trainer, team physician, or sports medicine clinician looking for practical answers to sports-related shoulder injury questions. The concise and conversational tone allows the reader to readily apply the information into their everyday practice.

Shoulder Rehabilitation Taylor & Francis

This is a Pageburst digital textbook; Written by well-known experts in a reader-friendly style, this is the only book to focus specifically on post-surgical guidelines for successful rehabilitation of the knee and shoulder for sports patients. Content covers basic concepts related to soft tissue healing, as well as core concepts in sports medicine rehabilitation, all of which lay the groundwork for discussions of specific protocols. Detailed descriptions of the latest post-surgical procedures for various knee and shoulder pathologies equip readers with essential knowledge needed to recommend the most effective treatment plans. Includes a separate section on multiple ligament knee injuries. Numerous photos and radiographs of topics discussed in the text serve as excellent visual references in the clinical setting. Detailed descriptions of the most current surgical protocols for various knee and shoulder pathologies help readers recommend the best treatment based on proven rehabilitation plans. The inflammatory response is described, with regard to its role in soft tissue healing following surgical procedures of the knee and shoulder. Protocols based on the most recent research available promotes evidence-based practice. A chapter on rotator cuff injuries includes authoritative, up-to-date information on this topic. A chapter on cartilage replacement focuses on the "nuts and bolts" of rehabilitation for this common injury, offering current, hands-on information about one of the fastest changing treatment protocols. Contributors are expert therapists and physicians - respected leaders in their field. Each chapter highlights post-op guidelines and protocols in a consistent format that's immediately accessible and easy to reference. Comprehensive information on soft tissue healing is presented. A separate section on multiple ligament knee injuries presents hard-to-find information that's rarely covered in other resources or literature.

Shoulder Injuries in Sport Elsevier Health Sciences

This book documents current knowledge on the mechanisms involved in sports injuries to the shoulder and elbow, reviews essential physical examinations, and explains the role of diagnostic imaging. Above all, it describes in detail the treatment modalities that are appropriate to the injuries encountered in throwing and overhead athletes, including chronic repetitive and acute traumatic injuries. Both conservative and surgical treatments are covered; the author's own preferred operative techniques are identified and explained, and helpful treatment algorithms offer guidance in selecting an approach fitting to the circumstances. In addition, the inclusion of instructive case reviews will assist readers in achieving a full understanding of the implementation of treatment protocols. Methods of rehabilitation are also described with the aid of demonstration videos, and advice is provided on appropriate timing. The book will be invaluable for all professionals who deal with sports injuries of the shoulder and elbow, including surgeons, physiotherapists, other medical practitioners, and trainers.

Physical Therapy of the Shoulder Rodale Books

Of the nearly 8 million shoulder injuries treated annually in the United States, almost half are rotator cuff repairs—and most of these injuries are treated by orthopedic sports medicine specialists. Therefore, it is essential that today's orthopedists specializing in sports medicine have a solid understanding of the most commonly performed shoulder repair procedures. This volume in the Disorders of the Shoulder set covers the full spectrum of shoulder procedures—including open and arthroscopic procedures.

The Athlete's Shoulder Linköping University Electronic Press

* move your shoulder better *make your shoulder joint more stable *end shoulder pain * get strong shoulder muscles *increase shoulder proprioception *get a strong rotator cuff * keep your shoulder from getting hurt or injured *improve overhead sports performance A "bulletproof shoulder" is a shoulder that is pain-free and resistant to injury - and you can have one too - Bulletproof Your Shoulder will show you how. In less than 100 pages, readers will learn about the Bulletproof Shoulder program - a series of simple and powerful exercises you do at home or in the gym, that take a few minutes a day to do - yet create powerful changes in your shoulder tissues making it bulletproof to pain and injury. Recommended for chronic shoulder pain, athletes, workers who do repetitive arm activities, or anyone who simply wants to get rid of or avoid shoulder problems.

Orthopedic Therapy of the Shoulder Churchill Livingstone

This practical reference provides orthopaedic, physical and rehabilitation specialists with information on how to evaluate and treat shoulder injuries including rehabilitative techniques and surgical procedures. Diagnostic imaging and surgical procedures are covered.

Athletic Injuries of the Shoulder Simon and Schuster

This comprehensive text is dedicated to all aspects of diagnosis, treatment, rehabilitation and prevention of injury in the athlete's shoulder. It includes detailed coverage of clinical examination, as well as of imaging of the shoulder, in plain film, ultrasound, angiography and MRI. The book features colour views of arthroscopic techniques detailed in step-by-step fashion. It also provides coverage of surgical and non-surgical management of rotator cuff injuries and shoulder instability.

Shoulder Rehabilitation F.A. Davis

In Sport Therapy for the Shoulder: Evaluation, Rehabilitation, and Return to Sport, readers will learn about best practices and evidence-based guidelines for assessing and treating patients' shoulder injuries for re-entry into sport. Written by renowned physical therapists Todd S. Ellenbecker and Kevin E. Wilk, this text is a key resource for physical therapists, athletic trainers, sport chiropractors, massage therapists, strength and conditioning professionals, personal trainers, and other clinicians in sports medicine who work with patients recovering from shoulder injuries. Sport Therapy for the

Shoulder guides readers systematically through functional anatomy and biomechanics of the shoulder, examination techniques and pathology, rehabilitation, and return-to-play progressions. The text provides evidence-based principles to assist clinicians in improving joint stabilization, strength, muscular endurance, and range of motion in the shoulder. Return-to-sport programs feature step-by-step progressions for sports including baseball, softball, golf, swimming, and tennis. Illustrated versions of the Thrower's Ten and Advanced Thrower's Ten exercise programs, which were developed by coauthor Kevin E. Wilk and colleagues, are provided in the appendix. The content is enhanced by more than 200 color photos and detailed illustrations that provide visual support and context for conducting specific evaluation and rehabilitation techniques. Additionally, 21 online video clips are available to complement the highly visual book and demonstrate how to perform specific evaluation tests. An image bank is available free to course adopters and is also available for professionals to purchase separately for use in presentations. The combination of foundational information, evidence-based guidelines, sport-specific return-to-sport programs, online videos, and colorful visual aids makes Sport Therapy for the Shoulder a must-have resource for clinicians who work with patients who have shoulder injuries. Not only will the book prove to be a valuable learning tool, but it will also be a reference that professionals can use continually in their practice.

Postsurgical Orthopedic Sports Rehabilitation McGraw-Hill Companies

Clear information and effective exercises to end pain, regain range of motion, and prevent future injury—includes over 300 photos. Shoulder problems can be debilitating, whether they come from sports injuries or just daily stresses and strains. Healthy Shoulder Handbook outlines the causes for common shoulder conditions, including shoulder impingement, rotator cuff, tendinitis, dislocation, and repetitive motion injuries. Illustrated with over 300 step-by-step photographs, it offers easy-to-follow exercises to: • Build strength • Improve flexibility • Speed up recovery • Prevent future injury Healthy Shoulder Handbook also features specially designed programs to reverse or alleviate the strain from high-risk sports and occupations, including construction work, desk jobs, tennis, golf, and more. Follow the approach in this book and you'll be able to quickly get back on the job (or back on the court!) and stay there—pain-free!

Heal Your Frozen Shoulder Mosby Incorporated

From the renowned author of the best-selling Trigger Point Therapy Workbook comes this first-ever book of self-care techniques for frozen shoulder, a very common painful and mobility-restricting condition.

Healthy Shoulder Handbook: Second Edition Simon and Schuster

Live pain free once again with this proven guide designed to help you easily treat and prevent injuries like frozen shoulder, rotator cuff, tendinitis, and dislocation right from your own home. Millions of people suffer from debilitating shoulder problems every year. But with this user-friendly guide, you can begin to understand the causes for common shoulder conditions and then learn the steps you need to take to heal your body. Healthy Shoulder Handbook features 100 easy-to-follow exercises with step-by-step photos for treating common shoulder injuries and ending chronic pain, fast. This handbook is the perfect resource to help you: Build shoulder strength Improve flexibility Speed up recovery Prevent injury Healthy Shoulder Handbook also features specially designed stretching programs to reverse or alleviate the strain from high-risk sports and occupations, including construction work, desk jobs, tennis, golf and more. By following the steps in this book, you'll be able to quickly get back to your daily routines—pain free!

Healthy Shoulder Handbook Human Kinetics

Background: Shoulder pain is a common musculoskeletal disorder and 40-74% of the patients attending primary healthcare with a shoulder disorder are diagnosed with subacromial pain. Subacromial pain is characterized by restricted and painful movement of the arm that leads to difficulties in performing arm-related activities and often affects the quality of life profoundly, with respect to everyday function, work capacity, sleep quality and mental health. It is crucial that the measurements used to evaluate shoulder function and treatment response have acceptable psychometric properties and also that they are patients-specific and time-efficient to administer. For patients with subacromial pain, exercises are recommended as first-line treatment but consensus about which exercises and dosage to recommend has not been reached. The lack of evidence for one specific exercise model may be partly due to heterogeneity among this group of patients. The overall aim of this thesis were to evaluate the efficacy of a previously tested exercise strategy for patients with subacromial pain in a primary care setting, to describe the heterogeneity with possible subcategories among patients with subacromial pain, and finally to validate and adjust the Disabilities of the Arm, Shoulder and Hand (DASH) questionnaire for more diagnosis-specific clinical assessment. Methods: The four papers in this thesis are based on two clinical studies, one randomized controlled trial (RCT) and one clinical cohort. The participants in both studies were patients with subacromial pain attending physiotherapist (PT) in a primary care setting. Two of the papers are based on psychometric analyses, with evaluation of construct validity and responsiveness for the DASH when used to evaluate shoulder function in patients with subacromial pain, and also calculation of minimal important change (MIC) for a diagnosis-specific short version of DASH (DASH 7). A third paper describe clinical presentation in patients with subacromial pain, based on the components active range of motion (AROM), rotator cuff function and scapular kinematics and the fourth paper evaluated the efficacy of a 3-month specific exercise strategy in comparison to an active control strategy. Results: Seven items from the original DASH were identified as being the most important in evaluating patients with subacromial pain (resulting in the DASH 7 questionnaire). The DASH 7 shows good responsiveness, can discriminate between patients who perceive themselves as improved and those who do not, and maintain a high level of internal consistency for the assessment of shoulder function in patients with subacromial pain, using only a quarter of the items of the original DASH. Based on clinical presentation, patients with subacromial pain in the primary care setting comprise a heterogeneous group. Rotator cuff dysfunction, defined as pain during resisted isometric muscle-testing, is very frequently present while limitation in active range of motion and scapular dyskinesia are less common. After three months of exercise, both groups in the RCT had significantly improved with no between group difference as measured with the primary CM-score. However, as measured with the DASH and the DASH 7, the patients in the specific exercise group was significantly more improved compared to those in the active control group. Conclusions: The DASH 7 questionnaire is a short patient-reported outcome measurement (PROM) with good responsiveness, specific for patients with subacromial pain. Heterogeneity was confirmed with identified variability in AROM, rotator cuff function and scapular kinematics in clinical presentation which confirms that these components are important in the clinical examination of patients with subacromial pain. Shoulder function evaluated with the CM score did not improve to a significantly different degree between the two groups studied. The specific exercises might not be necessary for all patients in the primary care setting to achieve a clinically relevant improvement. However, the specific exercise strategy was significantly better when improvement was assessed by DASH and DASH 7, and this leads us to recommend this strategy, with its progressive loading of the rotator cuff muscles and scapula stabilizers, as first choice, provided that it is tolerated by the patient. Bakgrund: Axelsmärta är ett vanligt problem i befolkningen och bland de som söker hjälp för sin axelsmärta inom primärvården är subacromial smärta den vanligaste diagnosen. Subacromial smärta karaktäriseras av smärta vid armaktivitet, främst vid aktivitet i och över axelhöjd samt

bakom ryggen. Det är vanligt att denna smärta ger störd sömn och svårighet att utföra fritidsaktiviteter och dagligt arbete vilket kan bidra till försämrad psykisk hälsa och livskvalitet. Det är viktigt att kunna mäta och utvärdera skulderfunktion samt effekt av behandling på ett tillförlitligt sätt och att de instrument som används känns relevanta för patienten samt är tids-effektiva att administrera. Träning är den behandling som i första hand rekommenderas för patienter med subacromial smärta men det saknas fortfarande tydliga riktlinjer gällande vilka övningar och vilken dosering som är den bästa. En diskuterad anledning till att det är svårt att påvisa sådana riktlinjer kan vara att patientgruppen är heterogen. Det övergripande syftet med den här avhandlingen var att utvärdera effekten av en specifik träningsstrategi för patienter med subacromial smärta i primärvård, att identifiera och beskriva variationen i klinisk presentation hos patienter med subacromial smärta samt att validera och justera självskattningsformuläret DASH för dignosspecifik bedömning. Metoder: De fyra delarbeten som ingår i den här avhandlingen baseras på två kliniska studier. Samtliga studiedeltagare var patienter med subacromial smärta som sökte vård hos fysioterapeut inom primärvården i Östergötland. I två delarbeten analyseras mätgenskaper för självskattningsformulär, gällande validitet och responsivens (förmåga att mäta förändring över tid) hos DASH för patienter med subacromial smärta samt gällande kliniskt relevant förändring hos den dignosspecifika kortversionen, DASH 7. Ett tredje delarbete beskriver klinisk presentation hos patienterna utifrån komponenterna aktiv rörlighet, muskelfunktion i rotatorkuff samt skulderbladets rörelsemönster och det fjärde delarbetet utvärderar effekten av en specifik träningsstrategi jämfört med en aktiv kontrollstrategi för patienter med subacromial smärta i primärvård. Resultat: Sju av de ursprungliga 30 frågorna i DASH identifierades som de viktigaste för att utvärdera skulderfunktion hos patienter med subacromial smärta (vilket resulterade i ett nytt självskattningsformulär, DASH 7). DASH 7 uppvisar god responsivens och kan skilja mellan de patienter som upplever sig förbättrade och de som inte gör det, samt bibehåller hög intern konsistens för bedömning av skulderfunktion hos patienter med subacromial smärta, med endast en fjärdedel av frågorna från DASH. Baserat på klinisk presentation, konstateras att patienter med subacromial smärta i primärvård är en heterogen grupp. Störd funktion i rotatorcuffens muskulatur, definierat som smärta vid isometriska muskeltester, är vanligt förekommande medan inskränkt aktiv rörlighet och stort rörelsemönster i skulderbladet förekommer mer sällan. Efter tre månaders träning uppvisar patienterna i båda träningsgrupperna en signifikant förbättring i skulderfunktion. Gällande funktion mätt med utvärderingsinstrumentet CM ses ingen skillnad i effekt mellan träningsgrupperna. Däremot, när skulderfunktion utvärderas med DASH och DASH 7, ses att patienterna i den specifika träningsgruppen förbättrats signifikant mer jämfört med patienterna i den aktiva kontrollgruppen. Konklusioner: DASH 7 är ett kort självskattningsformulär med god förmåga att mäta förändring över tid, specifikt utformat för patienter med subacromial smärta. Heterogenitet konstateras baserat på variationen i klinisk presentation gällande de tre komponenterna: aktiv rörlighet, muskelfunktion i rotatorkuff samt skulderbladets rörelsemönster, vilket visar på att dessa komponenter är viktiga i bedömningen av patienter med subacromial smärta. Förändrad skulderfunktion, utvärderat med CM, visar ingen skillnad i effekt mellan de två träningsgrupperna som testats. Den specifika träningen verkar därmed inte behövas för alla patienter med subacromial smärta i primärvård för att uppnå en kliniskt relevant förbättring. Utvärdering av skulderfunktion med DASH och DASH 7 däremot visar att patienterna i den specifika träningsgruppen blivit signifikant bättre jämfört med de i den aktiva kontrollgruppen. Baserat på dessa resultat rekommenderar vi den specifika träningsstrategin som förstahandsval vid behandling av subacromial smärta, förutsatt att patienten tolererar den belastade träningen för rotatorkuff- och skulderbladsmuskulatur.

Physical Therapy of the Shoulder Elsevier Health Sciences

This is the first book to take an integrated approach to the assessment, repair, and rehabilitation of shoulder injuries. Nowhere else will sports-medicine and family-practice physicians, physical therapists, and athletic trainers find a reference covering the spectrum of therapy, diagnostic tests, surgery, and rehabilitation. This unique reference focuses on methods of analysis and treatment that have been tested, used, and found successful in clinical settings for treating shoulder injuries. Many modified techniques, such as subacromial endoscopy and A/C-joint resection, are described for the first time. Moreover, the book includes 365 photos and 103 medical illustrations that help clarify surgical procedures. The author's analysis of shoulder structure and function also will help physical therapists, athletic trainers, and team physicians gain a better understanding of this part of the anatomy. Part I of *Shoulder Injuries in Sport: Evaluation, Treatment, and Rehabilitation* covers the analysis and diagnosis of shoulder injuries. Readers learn how to identify the anatomy of the shoulder, administer clinical exam techniques, and use a variety of analytic diagnostic tools, including X-ray, ultrasound, MRI, and EMG. Ciullo also discusses new techniques and modifications he developed, such as the arthroscopic implantation of absorbable devices, exploration under the scapula, and the resectioning of inferior clavicle spurs. Part II discusses assessment and treatment of specific shoulder injuries, including * overuse, * bone fracture, * sprain and strain, * common clinical patterns of osteoarthropathy, and * fibrosis and inflammation. The principles of shoulder rehabilitation are covered in Part III. Ciullo presents both therapeutic and preventive exercises and stresses the importance of patient education and support. *Shoulder Injuries in Sport: Evaluation, Treatment, and Rehabilitation* brings together treatment and rehabilitation, addressing the needs of all medical team members—physician, physical therapist, and athletic trainer—and opening the channels of communication between them to efficiently return the athlete to sport.

The Athlete's Shoulder Jessica Kingsley Publishers

A comprehensive at-home rehab and maintenance program with stretching, strengthening, and massaging therapies—from the author of *Healthy Shoulder Handbook*. The cause of your frozen shoulder may be a mystery, but the way to fix it is no secret. *Heal Your Frozen Shoulder* guides you through the entire rehabilitation process, from understanding the problem to regaining full movement. It even tells you how to avoid this debilitating condition in the future. Featuring over 200 step-by-step photos, this book presents a complete program to get your shoulder back to its best possible condition, including: Effective movements Progressive stretches Gentle strengthening techniques Long-term lifestyle adjustments Author Dr. Karl Knopf, who specializes in the needs of aging patients, emphasizes proven treatments and proper form to guarantee help with your shoulder pain regardless of your fitness level.

Patients with subacromial pain in primary care New Harbinger Publications

Written by a renowned multidisciplinary team of expert shoulder surgeons, athletic trainers, and physical therapists, this winning reference delivers the most comprehensive and up-to-date information on the evaluation, treatment, rehabilitation, and prevention of shoulder injuries in throwing and other overhead athletes. Included is critical information on shoulder anatomy and biomechanics, clinical examination, imaging, resistance training and core strengthening, and specific exercises for the overhead shoulder... plus state-of-the-art techniques for treatment and rehabilitation of each type of injury, including a separate section for pediatric overhead athletes. All physicians, coaches, trainers, strength and conditioning specialists, and therapists who care for overhead athletes at all levels of participation are sure to find this an indispensable resource. Book jacket.