

The role of scapula in shoulder injuries with evaluation and treatment of the scapular dyskinesia

By two physicians and an athletic trainer at the shoulder center of Kentucky.

Setting the scene:

The aim of the study is to evaluate and find the appropriate treatment for the scapular dyskinesia that accompanied with most of shoulder injuries, they also provide a detailed description of normal scapular function (motion, coordination and integration with arm and trunk), the way in which the scapula contributes to normal shoulder function is also discussed.

What did they do?

Three-dimensional motion pictures of patient with scapular dyskinesia show that the altered position of scapula affects all aspect of upper quadrant movement, clinical tests to examine the scapular position, alignment and motion include visual inspection, the scapula assistant & scapula retraction tests and resisted forward shoulder motion with 3 to 5 pounds in each hand. The treatment depends on a thorough & careful evaluation process to detect all areas of involvement with this information, researchers can move to the next step of determinations the best treatment approach for this problem. Of course, treatment, rotator cuff tears and degenerations, addressing fractures, impingement that comes from the Rotator cuff diseases and labral tears is First step. But for complete recovery, it is important to restore normal alignment and movement of scapula as well.

Takeaway message:

Evaluating and examining the scapula (motion ,alignment ,position ,rhythm ,muscles ,ligaments and bones) is very important in rehabilitation and treatment for most of shoulder injuries because it is considered as the stabilizing part of the shoulder ,firstly we can treat the problem the shoulder mainly as (impingement due to rotator cuff problems, any degeneration of the rotator cuff ,labral tears due to shoulder instability)but to complete the recovery we should put the scapula in our considerations as it also can decrease chances of recurrence of shoulder problems.