

A Randomized Controlled Study of Segmental Neuromyotherapy for Post-Stroke Hemiplegic Shoulder Pain

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Setting the scene:

The approach of the Segmental neuromyotherapy (SNMT) aims at diagnosing the precise spinal segments involved in the sensitization process. The aim of the current pilot study was to evaluate the effectiveness and practical applicability of the SNMT approach in stroke patients undergoing rehabilitation shortly after the onset of their disease. It was used to assess the impact of SNMT on both shoulder pain and arm function.

What did they do?

A total of 24 patients with positive Neer's and handbehind-neck tests received standard therapy for shoulder pain. Half of them received additional segmental neuromyotherapy. Each patient in the SNMT group received 12 additional treatments. Each treatment included a diagnosis of the relevant spinal segment by palpation for trigger points, intramuscular and subcutaneous injections lidocaine solution, 20-min combination of local heat application and TENS over the deltoid and supraspinatus muscles and 10 min of passive stretching of the scapulae and the shoulder.

Takeaway home message:

Segmental neuromyotherapy added to standard therapy provides an advantage in pain relief and the quality of arm function in patients with hemiplegic shoulder pain.