

Immediate Effects of Mobilization with Movement vs Sham Technique on Range of Motion, Strength, and Function in Patients with Shoulder Impingement Syndrome: Randomized Clinical Trial.

Guimarães, J.F., Salvini, T.F., Siqueira, A.L., Ribeiro, I.L., Camargo, P.R. and Albuquerque-Sendín, F., 2016. Immediate Effects of Mobilization with Movement vs Sham Technique on Range of Motion, Strength, and Function in Patients With Shoulder Impingement Syndrome: Randomized Clinical Trial. *Journal of Manipulative and Physiological Therapeutics*, 39(9), pp.605-615.

Setting the scene:

In this randomized clinical study, the aim was to compare the **immediate effects of mobilization with movement (MWM)** with **sham technique** on range of motion (ROM), muscle strength, and function in patients with shoulder impingement syndrome.

What did they do?

14 Participants were divided into 2 groups: **group 1** which received the MWM technique in the **first 4 sessions** and the sham technique in the **last 4 sessions**; and **group 2** which was treated with the **opposite order of treatment** conditions described for group 1. Outcome measures were **Shoulder ROM, isometric peak force assessed with a handheld dynamometer, and function** as determined through the Disabilities of the Arm, **Shoulder and Hand** and Shoulder Pain and Disability Index (**SPADI**) **questionnaires** were collected at **pre-intervention, interchange, and post-intervention**.

Two-way analysis of variance revealed **no significant** group-by-time interaction for any outcome but did reveal a main time effect for shoulder **external** and **abduction** ROM, Disabilities of the Arm, Shoulder and Hand, SPADI Pain, SPADI Function, and SPADI Total. Only **abduction** movement and SPADI Pain **overcame the clinical relevance** threshold. The isometric peak force tests revealed no effects.

Takeaway message:

The MWM technique was no more effective than a sham intervention in improving shoulder ROM during external rotation and abduction, pain, and function in patients with shoulder impingement syndrome. Both interventions were ineffective in increasing the scaption and flexion movements and muscle strength.



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