



@physicaltherapyresearch

# RAPID RESEARCH

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July 2021

## Inside This Week: All About the Shoulder Joint

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- ✓ MRI Accuracy to Diagnose Rotator Cuff Partial Tears

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  - ✓ Subacromial Decompression Vs. Placebo Vs. Exercise

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  - ✓ Diagnosing SLAP Tears: MRA vs Special Tests



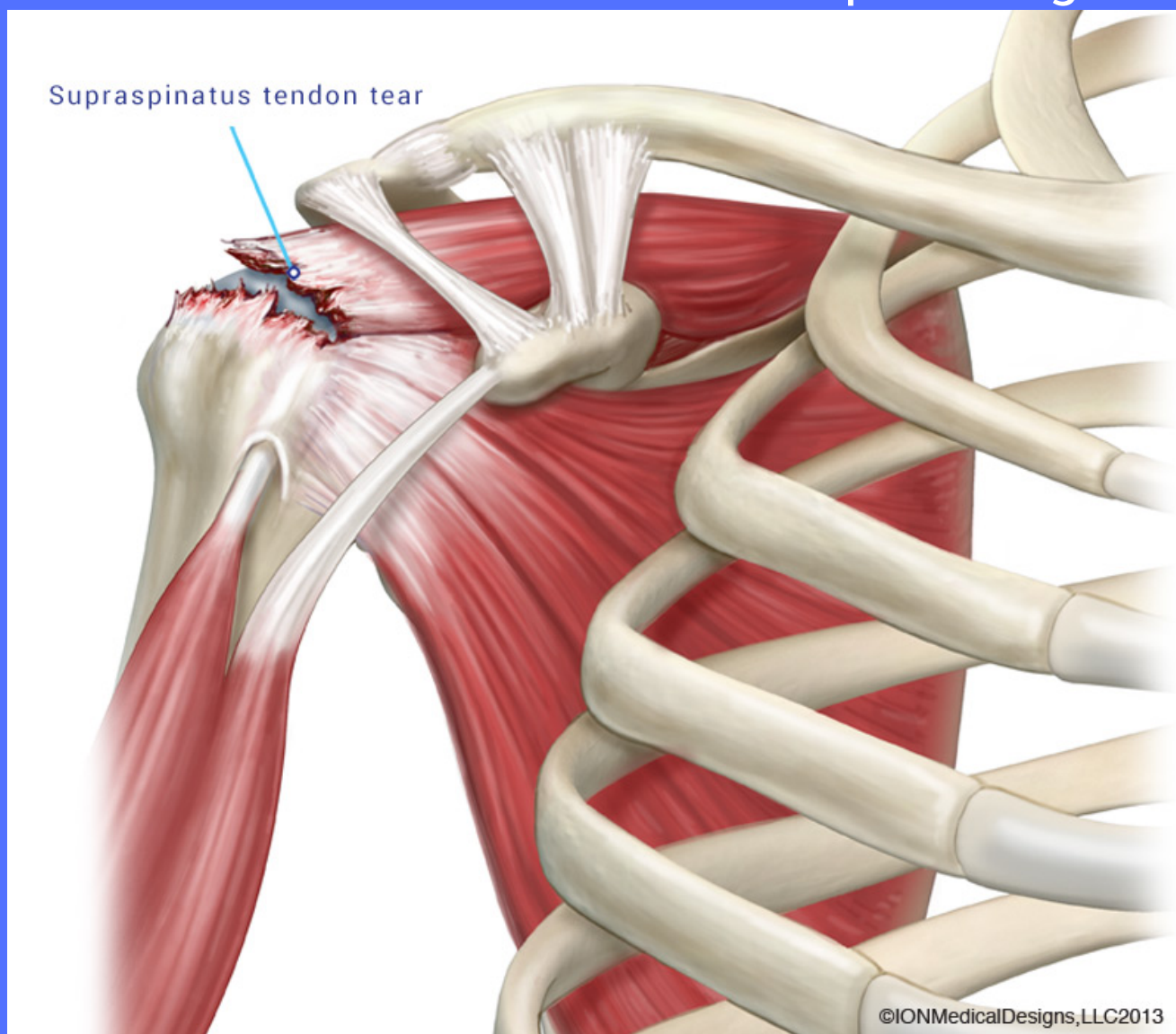
# MRI ACCURACY TO DIAGNOSE ROTATOR CUFF PARTIAL TEARS

[Full Text](#)

[Yazigi et al.](#)  
[2019](#)

[\(Click to Open\)](#)

This study determined intra- and interobserver agreement in diagnosing supraspinatus partial-thickness tears and associated pathologies.



# KEY FINDINGS

**Intraobserver** agreement for supraspinatus tears was:

**Moderate for:**

MSK radiologists

Orthopedic shoulder surgeons

**Fair among:**

Fellowship-trained shoulder surgeons and orthopedic surgeons.

**The overall intraobserver agreement was good.**

**Intraobserver agreement was moderate for:**

Biceps tendonosis.

Acromial morphology.

Acromioclavicular joint arthrosis.

Muscle fatty infiltration.

**Interobserver agreement results** were fair to poor.

# MAIN TAKEAWAYS

There was an overall good intra-observer agreement for supraspinatus partial tears via MRI.

However, there were also poor and fair inter-observer agreement results.

The evaluators with higher levels of experience demonstrated better intra and inter-observer agreement results than the evaluators with lower levels of experience

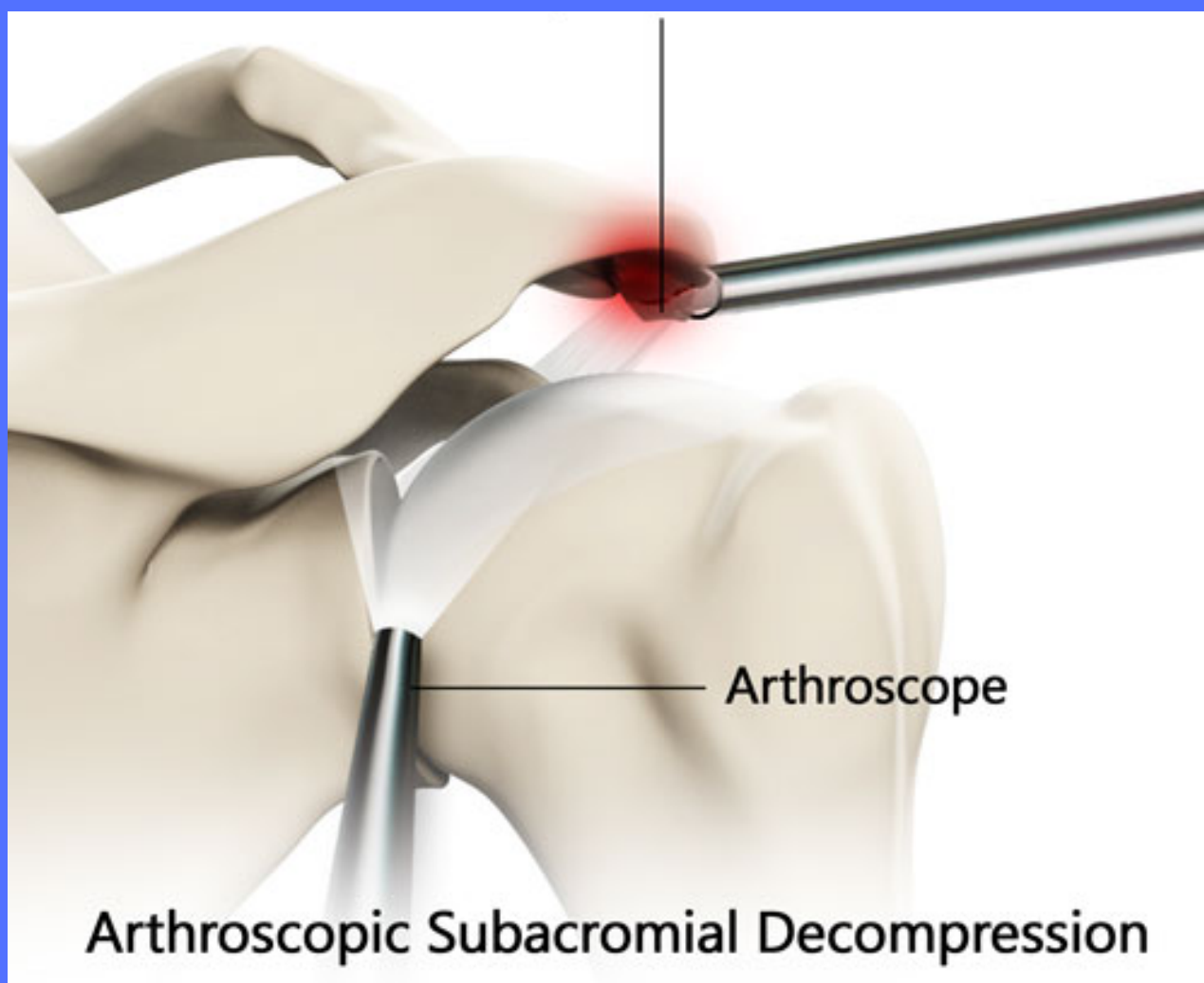
# ARTHROSCOPIC SUBACROMIAL DECOMPRESSION (ASD) VS. PLACEBO VS. EXERCISE

[Full Text](#)

[Paavola et al.](#)  
[2021](#)

[\(Click to Open\)](#)

This , double blind, placebo surgery controlled trial, assessed the long-term (5 years) efficacy of ASD for impingement syndrome vs. a placebo surgical intervention, and with exercise therapy.



# KEY FINDINGS

**175 participants (83%) completed the 5 years follow-up**

## **ASD vs Placebo**

No significant between group differences at 5 years for primary or secondary outcomes.

## **ASD vs exercise therapy:**

Marked improvement from baseline to 5 years for both primary outcomes in the ASD and exercise therapy groups.

Slight difference in average pain (1/10) at rest and with activity.

No significant between-group differences for the secondary outcomes or adverse events.

# MAIN TAKEAWAYS

ASD, placebo surgery, & exercise therapy resulted in **significant improvements in pain and functional outcomes.**

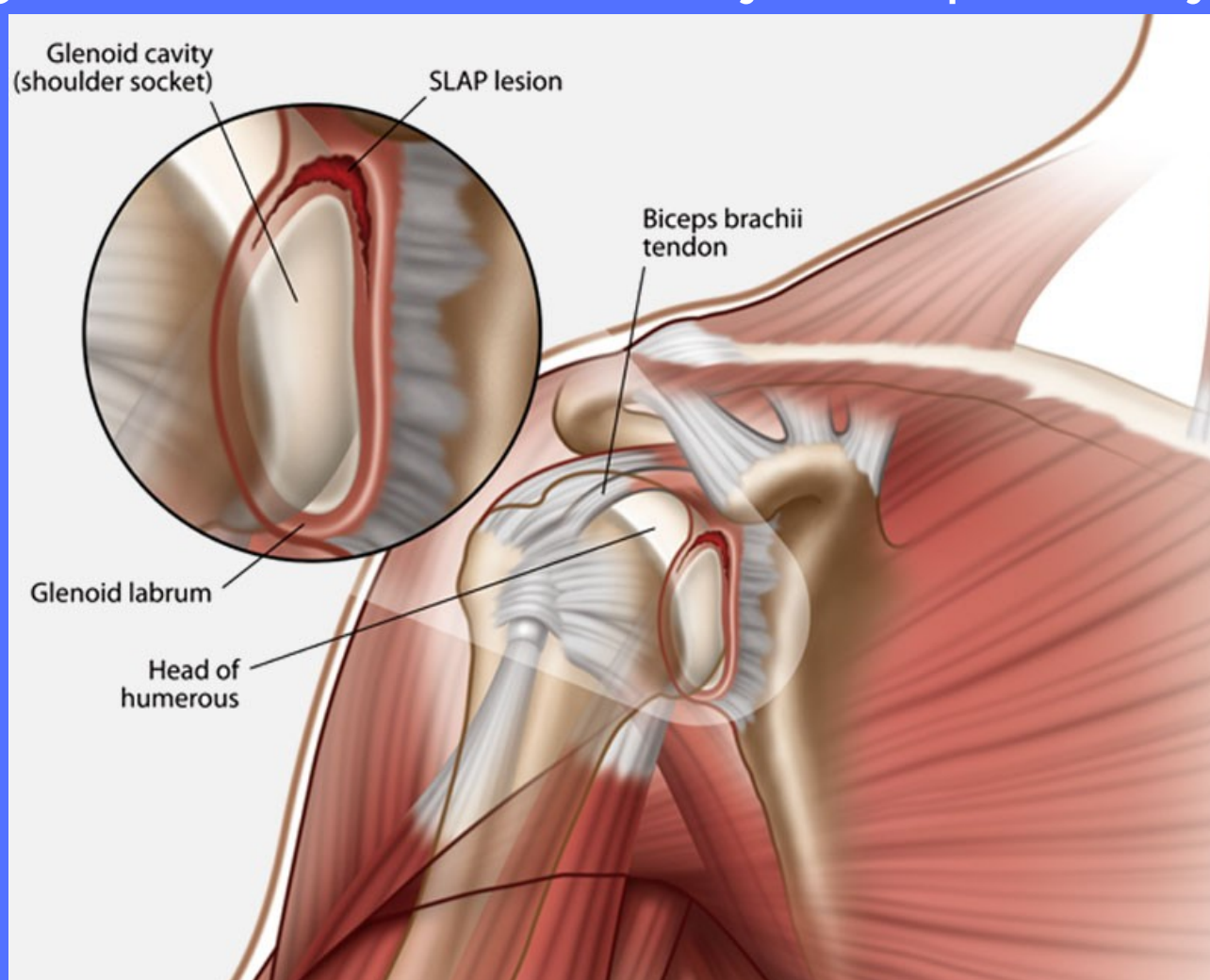
**ASD had no superior improvements over placebo or exercise therapy at the 5 years follow-up.**

Subacromial decompression surgery in patients with shoulder impingement is not recommended for subacromial pain.

# DIAGNOSING SLAP TEARS: MRA VS SPECIAL TESTS

**Full Text**  
[Clark et al.](#)  
[2019](#)  
[\(Click to Open\)](#)

This study examined specific combinations of SLAP lesion special tests in an effort to identify which clusters of tests have the highest combined sensitivity and specificity.



**MRA sensitivity** is reported at 65-98% and has a specificity between 80-100%.

## **Best Single Test:**

The Biceps Load Sensitivity of 90% and a specificity 96%.

## **Best 2-Test:**

Bicep Load I and Bicep Load II; Sensitivity of 99% and a Specificity of 100%

## **Best 3-Test:**

Biceps I, Biceps II and O'Brien's test; Sensitivity of 99.9%

## **Best 4-Test:**

Biceps Load I, Biceps Load II, Passive Compression and O'Brien's test; Sensitivity of 99.9% and a Specificity of 99.9%

## **Best 5-Test:**

All 5 tests (Biceps Load I, Biceps Load II, Passive Compression, Speed's and O'Brien's); Sensitivity & Specificity were 99.99%

# MAIN TAKEAWAYS

A combination of **3 or more positive clinical tests for a shoulder labral tear** may be used to confidently diagnose (or rule out) a shoulder SLAP lesion.

This study may **allow clinicians to better identify** when and MRI/MRA or specialist referral is needed.

Patients with **less than 3 positive clinical tests are less likely to have a SLAP lesion**, and therefore may be considered appropriate to be managed conservatively.

# GIVE US YOUR FEEDBACK!

## MEMBERS

We are on a mission to make research more accessible, easier to interpret, and quicker to implement.

Help us by giving 1 minute of your time to leave feedback for us.

We would greatly appreciate any feedback you have, as it helps us continually improve!

[Leave Review](#)

