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RAPID RESEARCH

June 2022

Inside This Week: Sub-Acromial Impingement Syndrome

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- ✓ Posterior Shoulder Stretching for Impingement Symptoms

 - ✓ Trends and Hot Spots in Subacromial Impingement Syndrome

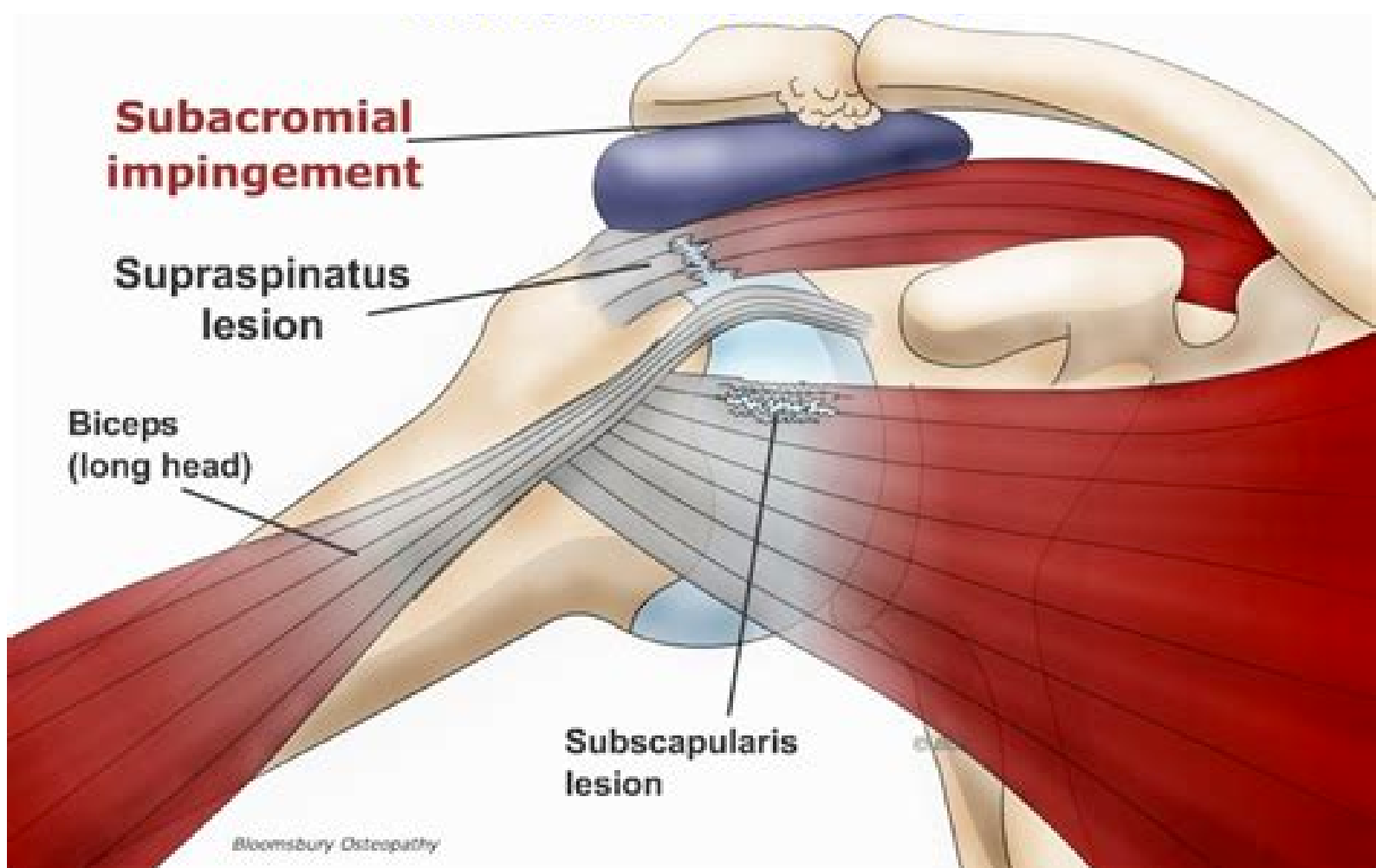
 - ✓ Specific or General Exercise Strategy for Subacromial Impingement Syndrome



POSTERIOR SHOULDER STRETCHING FOR IMPINGEMENT SYMPTOMS

[Click for Full Text
\(Tahran et al. 2020\)](#)

This research investigated effects of 2 different modified Posterior Shoulder Stretching Exercises (PSSE) to help patients with Shoulder Impingement Syndrome (SIS) having glenohumeral internal rotation deficit (GIRD).



KEY FINDINGS

67 patients with SIS assigned to 3 groups for 4 weeks:

Modified cross-body stretch (MCS)

Modified sleeper stretch (MSS)

Control group

Pain, Posterior Shoulder Tightness, Shoulder rotation ROM, Function, and Disability improved in all groups.

The MCS and MSS groups had better results compared with the control group for pain with activity, internal rotation ROM, function, and disability.

No significant difference between the stretching groups.

MAIN TAKEAWAYS

The modified posterior shoulder stretches added to a standard treatment program are beneficial for patients with SIS having GIRD.

All treatments improved pain, shoulder mobility, function, and disability.

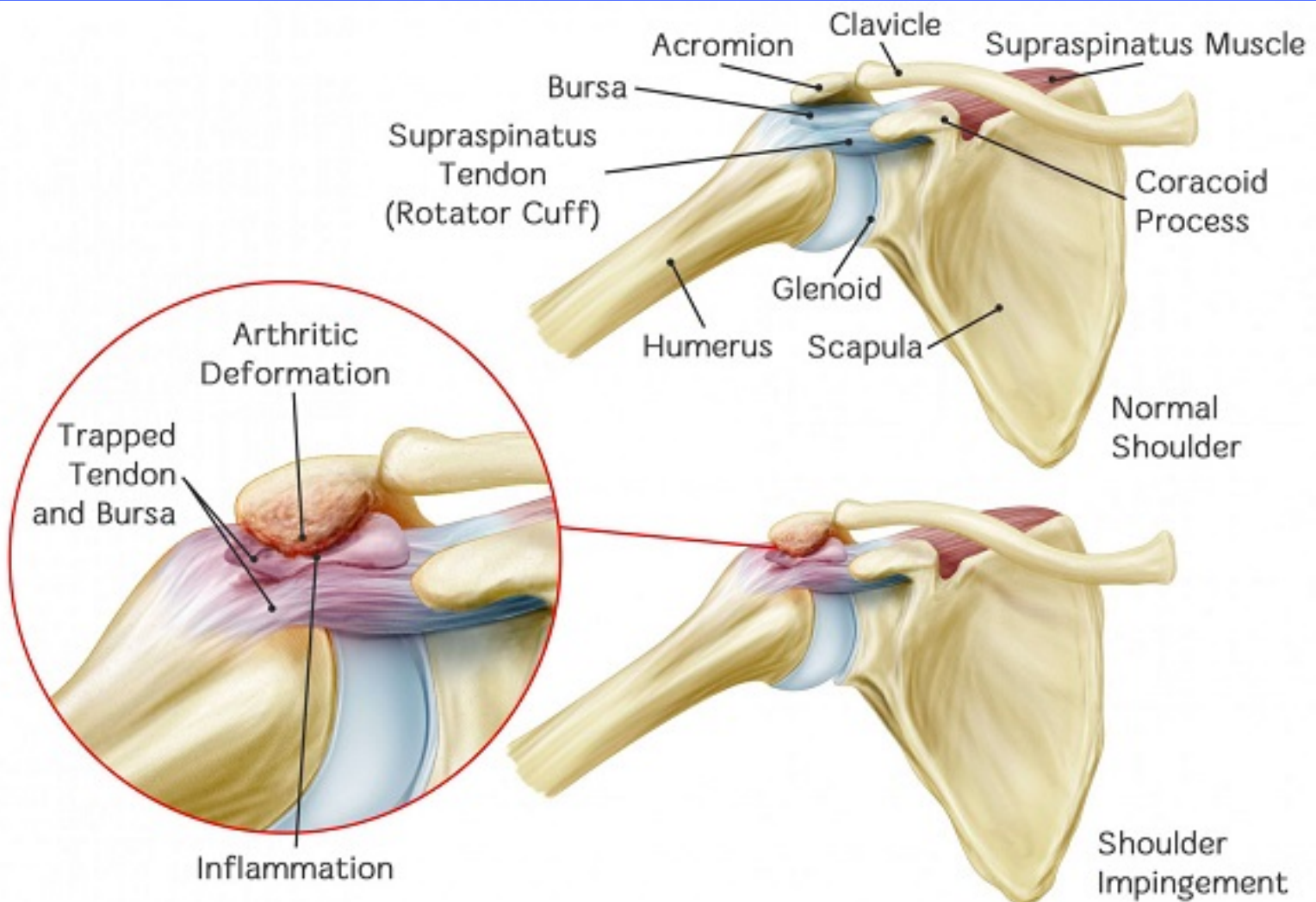
Modified stretches were superior to the treatment program without PSSE in improving pain with activity, IR ROM, function, and disability.

Stretches were equally effective, and stretching exercises provided clinically significant improvements.

TRENDS AND HOT SPOTS IN SUBACROMIAL IMPINGEMENT SYNDROME

[Click for Full Text \(Ge et al. 2022\)](#)

The aim of the current study was to conduct a bibliometric study to summarize and analyze the progress and trends of SIS



KEY FINDINGS

548 articles identified.

Frequency of research on SIS has increased substantially over time.

Turkey has contributed the most publications on SIS (118).

Journal of Shoulder and Elbow Surgery topped the list of journals and has published 19 SIS-related publications.

The hotspot of research changed from the former arthroscopic surgery to physical therapy and rehabilitation

MAIN TAKEAWAYS

This bibliometric analysis showed that there is a growing trend both in published articles related to SIS in the last 20 years.

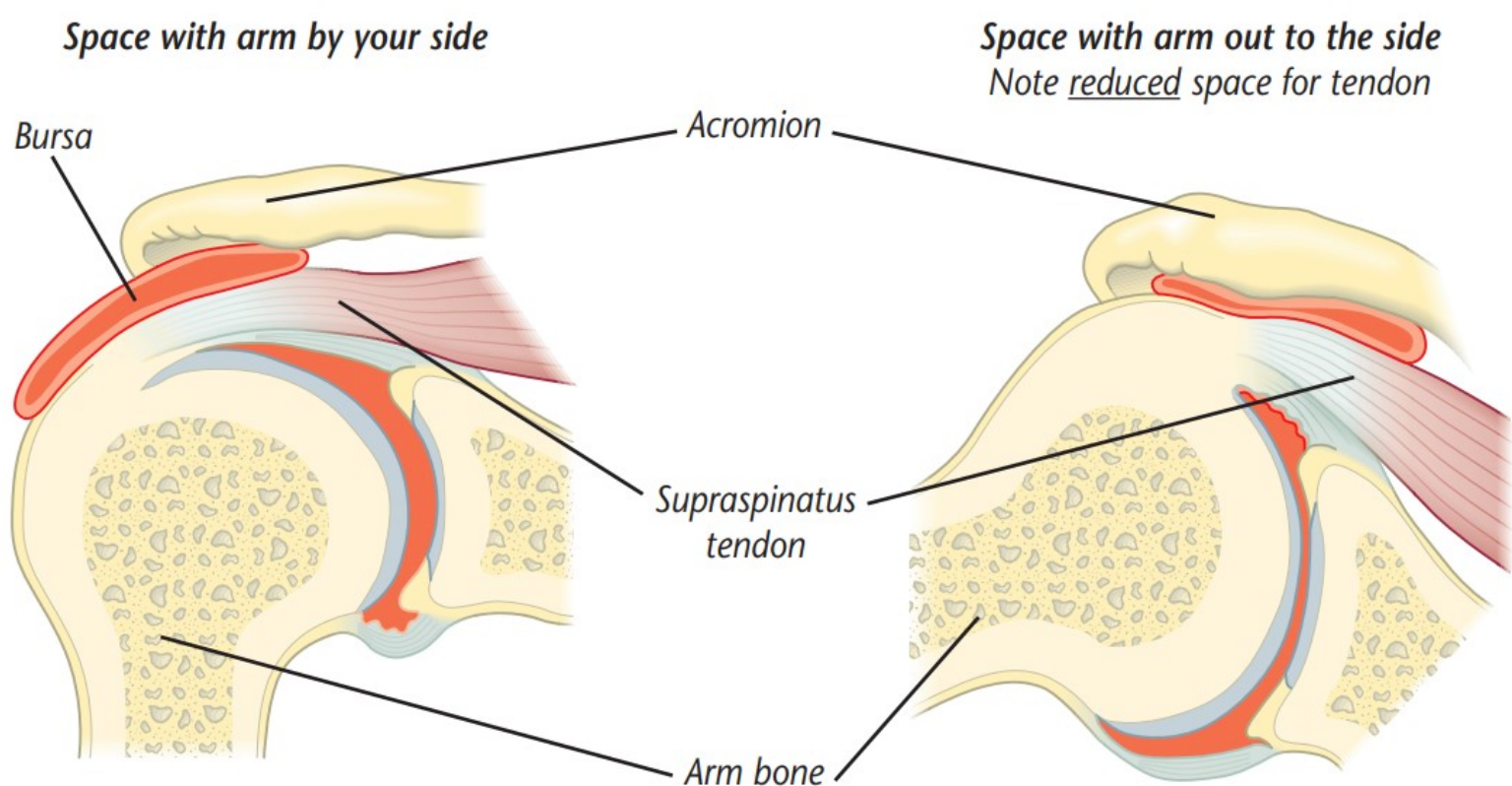
Conservative treatment and physical testing have been the focus of recent research.

Besides, these 100 most cited papers provide an important reference for future researchers.

SPECIFIC OR GENERAL EXERCISE STRATEGY FOR SIS

[Click for Full Text
\(Shire et al. 2018\)](#)

This systematic review evaluated whether implementing specific exercise strategies involving resistive exercises are more effective than a general exercise strategy for the treatment of patients with subacromial impingement syndrome.



6 RCTs were included with 231 participants.

4 studies evaluated effectiveness of **specific scapular exercise strategy**. 2 studies evaluated effectiveness of **specific proprioceptive strategy**.

No consistent statistical significant differences in outcomes between treatment groups were reported in the studies.

Standardized mean difference for pain -0.19

Standardized mean difference for function was 0.30

MAIN TAKEAWAYS

Insufficient evidence was found to either support or disprove specific exercises strategies for treatment of patients with SIS.

This review is unable to demonstrate whether implementing specific exercises in a rehabilitation program for patients with SIS is relevant for clinical practice.

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