associated with an abnormal superior humeral head migration during arm elevation. The aim of this study is to investigate the effect of a specific closed-chain humeral head centering exercise on shoulder pain and function at workplace.

Materials and methods 20 subjects with impingement symptoms have performed 5 dynamic humeral head centering sessions with the help of a specific device (Scapuleo™, Europhyse). Shoulder pain and function were evaluated at baseline, after the first exercise session (immediate effects) and after the last exercise session (intervention program effects). Shoulder pain was assessed by means of visual analog scale. Shoulder function was evaluated using analytic active range of motion tests (modified Yocum test; arm abduction) and functional test (repetitive pointing task).

Results After the first training session, shoulder pain significantly decreased ($P < 0.01$). One-session effect was also observed on shoulder range of motion during both modified Yocum test ($P < 0.001$) and arm abduction ($P < 0.01$). Finally, all dependent variables were significantly improved at the end of the intervention program.

Discussion The results of this study could be explained by humeral head centering improvement and rotator cuff muscles recruitment. Immediate and apparent beneficial effects induced by this intervention program fitted health and performance issues, essential for individuals as for companies. This study underlined the relevance of specific therapeutic exercises in work-related musculoskeletal management at the workplace.

Keywords Shoulder; Musculoskeletal disorder; Rotator cuff

Disclosure of interest The author has not supplied his declaration of conflict of interest.

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Occupational therapists' shared decision-making behaviors with patients having persistent pain in a work rehabilitation context: A cross-sectional study

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Objective In a work rehabilitation context, we assessed occupational therapists’ (OTs) shared decision-making (SDM) behaviors with individuals having persistent pain and explored factors influencing SDM behaviors.

Methods and participants A cross-sectional study that used audio-recordings of work rehabilitation consultations between OTs trained in SDM and a convenient sample of patients. Eligible patients were: off work for $\geq 12$ weeks due to persistent pain associated with a musculoskeletal disorder, starting a work rehabilitation program, and French speaking. Transcripts were analyzed using the Observing Patient Involvement in Shared Decision-Making (OPTION) instrument and assessed patients’ decisional conflict and socioeconomic status.

Results Of 15 OTs trained in SDM, 11 (90% female), provided audiotaped SDM meetings with 37 patients (40.5% female; aged 18–62 years). Their average OPTION score was 53.94 out of 100 (SD = 9.68; range: 35.42–70.83), indicating basic skills. Significant factors associated with OPTION scores ($R^2_{adjusted} = 21.7\%$) were the interview length ($P = .008$) and level of patient education ($P = .038$).

Conclusion Basic SDM behaviors were integrated in the practice of OTs trained in SDM. Evaluating SDM behaviors is a step toward providing OTs with performance feedback toward achieving client-centered care.

Keywords Rehabilitation; Shared decision-making; Work; Injuries; People with disabilities; Pain

Disclosure of interest The authors have not supplied their declaration of conflict of interest.

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Body composition and functional restoration in chronic musculoskeletal pain patients

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Backgrounds and aims A decrease of the skeletal muscle mass (sarcopenia), from a complex origin, occurs of from the age of 40 years. In the context of physical medicine, most of the studies have been done in older populations, but not in younger populations.

Patients A cohort of 600 patients (288 men et 312 women; mean age 42.4 years), included in a restoration program for a chronic and disabiliating musculoskeletal disorder, has been evaluated by a bio-impedance analysis (BIA).

Methods For all the patients, were measured: the lean mass, the Fat Mass, the Muscle Mass calculated with the Janssen's equation [1], the percentage of the muscular mass of over the weight. The presence of a sarcopenia was defined by the value of the percentage accordingly to the Janssen's classification [2] (% inferior to–2DS of the mean value of a referent population).

Results The lean mass and the muscle mass were significantly negatively correlated with the age ($P = 0.001$). The mean value of the lean mass was significantly lower in patients 50 to 60 years old than the younger patients, independently from the sex. 13.8% patients had a sarcopenia: 36.1% in the 50 to 60 years old, 28.9% in the 40 to 50 years old, 12% in the 30 to 40 years old. In parallel, it has been found an increase of the fat mass, in function of the sex and of the age ($P = 0.001$).

Discussion It is the first study that evaluates the body composition in physical medicine. Our results confirm the decrease of the muscular mass and the increase of the fat mass particularly in patients with an age higher than 50 years. The occurrence of a sarcopenia may influence the process of the retraining in strength and endurance due to the deficit in contractile proteins.

Keywords Body composition; Musculoskeletal disorders; Bio-impedance analysis

Disclosure of interest The authors have not supplied their declaration of conflict of interest.

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