Efficacy of extracorporeal shock wave therapy and ultrasound treatment in lateral epicondylitis: A prospective, randomized, controlled trial

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Keywords: Lateral epicondylitis; Extracorporeal shock wave therapy; Therapeutic ultrasound

Introduction.– Conservative treatment is usually primarily suggested for lateral epicondylitis (LE) management. The aim of this study was to investigate the efficacy of extracorporeal shock wave therapy (ESWT) compared with therapeutic ultrasound (US) in the treatment of LE.

Material and methods.– Ninety patients were enrolled. Visual Analogue Scale (VAS) was used to assess pain. Maximal grip strengths (MGS) of the upper extremity were measured. Disability and symptoms were evaluated by the disability of the arm, shoulder and hand (DASH) questionnaire. Patients with LE assigned randomly to one of three treatment groups -therapeutic US (group A), ESWT (group B), and control (group C).

Results.– Statistically significant improvements were observed for VAS pain, MGS, and DASH measured at immediately after treatment and 4 weeks after treatment according to baseline measures in 3 groups (P < 0.01). VAS pain and DASH measured at 4 weeks in group A and B were statistically significantly lower than control group (P < 0.05). No statistically significant difference was found at 4 weeks between group A and B (P > 0.05).

Discussion.– ESWT has similar efficacy with US and its shorter implementation time. The clinical improvement of pain and function was also statistically significant.

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A case of acute calcific tendinitis of the gluteus medius

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Keywords: Gluteus medius; Calcific tendinitis; Hip pain

Introduction.– Calcific tendinitis is a benign inflammatory condition occurring in numerous anatomic locations. Involvement of the gluteus medius tendon is uncommon. In this case, we report a patient with hip pain due to calcific tendinitis of the gluteus medius tendon.

Observations.– A 39-year-old man was admitted to our outpatient clinic with a severe right hip pain, exacerbating with activity, for 2 weeks. He had no history of trauma. Physical examination revealed marked tenderness over the right greater trochanter. On plain radiography, a calcific deposit was seen adjacent to the greater trochanter. MRI demonstrated inflammatory edematous changes in the insertion of the gluteus medius tendon to the greater trochanter. A diagnosis of acute calcific tendinitis was determined and the patient was treated conservatively using nonsteroidal anti-inflammatory drugs. The patient reported no reduction in pain 1 week after the drug therapy. Consequently, a corticosteroid injection to the lesion site was administered. His symptoms decreased within 3 days.

Discussion.– Clinicians should take into account the calcific tendinitis of the gluteus medius in the differential diagnosis of hip pain. The diagnosis is based on typical clinical and radiographic findings of calcific deposits in the corresponding tendon.

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Rehabilitation programs: Handling take-over requests of chronic low back pain patients presenting acceptable pain threshold, by studying the relationship between disability, pain and beliefs

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Keywords: Osteopokilosis; Osteoclerotic dysplasia; Pain

Introduction.—Osteopokilosis (OPK) is a rare, bony and asymptomatic bone dysplasia. It is characterized by an abnormality in the enchondral bone matura-
tion process and often found incidentally on radiologic examination.

Observations.—A 25-year-old male patient was admitted to our department with a complaint of wrist pain after a minor fall. Palpation of the left hand was painful and other systemic examination was normal. For the last 3 years, he had a slight pain on his hand and foot joints usually repeating every 7–10 days, especially with overuse. X-ray of the hand showed multiple, small, round, symmetric radiopaque spots in the metaphyses of distal radius and ulna, carpal bones, meta-
carpals and phalanges. Detailed radiological examination demonstrated similar lesions at knees, feet and both femoral heads. With these clinical and radiological findings, the patient was diagnosed as OPK. Indomethacin was prescribed for his pain and also gentle progressive stretching and strengthening exercises applied. Ten days later, the pain over the left hand diminished.

Discussion.—OPK is an asymptomatic condition which is usually found incidental on radiological examination, but sometimes may be slight joint pain as in our patient.

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P093-e

Atraumatic osteolysis of distal clavicle
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Keywords: Distal clavicular osteolysis; Shoulder pain; Erosion

Introduction.—Osteolysis of the distal clavicle is bone resorption of the distal end of the clavicle resulting from traumatic or atraumatic reasons. Atraumatic osteolysis of the distal clavicle is a relatively uncommon and exact pathophysiology is unknown.

Observation.—A 47-year-old housewife complained about a 6-month history of left shoulder pain. She claimed that her pain was worsening in activities such as lifting heavy objects overhead. There was no history of trauma. On physical examination, flexion, extension and abduction of the left shoulder were painfully restricted and there was point tenderness over the left acromioclavicular joint. Her shoulder pain Visual Analogue Scale (VAS) was measured eight on a 10-point scale. Plain radiography was normal. MRI demonstrated periarticular erosion and soft tissue edema at the acromioclavicular joint. After treatment including immobilization, ice therapy, and nonsteroidal anti-inflammatory drugs, her pain VAS score decreased to four.

Discussion.—Osteolysis of the distal clavicle is mostly overlooked as a reason of shoulder pain in patients without trauma. This type generally presents insidiously and may mimic other shoulder pathology. Plain radiography may be normal and MRI may help for diagnosis.

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P094-e

Comparison of multi-wave locked system (MLS) laser biostimulation and low-frequency magnetic field therapy on hand function and quality of life in patients with rheumatoid arthritis
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Keywords: Rheumatoid arthritis; Magnetic field therapy; Laser

Introduction.—The progression of inflammation in rheumatoid arthritis (RA) leads to destruction of synovial membrane, joint surface, loss of function and mobility. Comprehensive rehabilitation consists of exercises, modalities, orthoses and occupational therapy. The aim of this study was to compare the multi-wave locked system (MLS) laser therapy with low-frequency magnetic field (MF) therapy on hand function and quality of life in RA patients.

Methods.—The study was conducted among 45 patients with RA. First group (n = 15) received 10 days of MLS laser therapy (intensity 50%, 500 Hz, 808 nm, 905 nm); the second group (n = 15) received 10 days of MF therapy (5–23 Hz, 3–7.5 mT). Control group (n = 15) has received no modality. The intensity of pain was assessed by Visual Analogue Scale and hand function by ABILHAND and MHQ Brief Questionnaires.

Results.—Reduction of pain was reported in the MLS laser therapy group, but not in the MF group. In both groups, a decrease in the number of swollen joints (Ritchie Articular Index) was observed. Moreover, improvement of hand function, grip strength and quality of life (Health-related Quality of Life Questionnaire) were also observed, especially in MLS laser therapy group.

Conclusion.—MLS laser therapy appears to be more effective modality than MF therapy in patients with RA with hand involvement.

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P095-e

Myotensives techniques and piriformis muscle syndrome in sports
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Keywords: Myotensives techniques; Piriformis muscle; Athletes

Introduction.—Piriformis muscle syndrome is an entity that is not well known. Its diagnosis is mainly based on a careful examination and a directed physical examination based on specific manoeuvres. Reeducation is the first therapeutic step in this syndrome.

Methods.—Athletes were included in our study. Each athlete received 20 therapy sessions for a month at 5 sessions per week. This rehabilitation consisted mainly of myotensives techniques of the Piriformis muscle. A self-rehabilitation program was carried out. The assessment of pain was made after 6 weeks then after 3 months.

Results.—Twenty athletes (14 male players and 6 women who exercised basketball), mean age 23.6 ± 3.2 years were included. Clinical symptomatology duration was 5.2 ± 4 months on average. The initial mean VAS score pain was 75.2/100. The final VAS pain at 6 weeks and 3 months were respectively 18 and 13/100.

Conclusion.—The myotensives techniques seem to be effective in the treatment of piriformis syndrome in an athletic population.

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Psycho-behavioral assessment in a Tunisian population of chronic low back pain (LBP)
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Keywords: Low back pain; Back beliefs; Disability

Introduction.—The analysis of psycho-behavioral factors is crucial in the thera-
peutic strategy in low back pain.

Materials and methods.—Descriptive cross-sectional study on 73 chronic LBP patients. We collected demographic, medical data and assessed the disability by the Quebec back pain disability scale, the Hospital Anxiety and Depression Scale and the back pain disability index (BPI). We have applied the Quebec back pain disability scale and the BPI to all patients, and the Hospital Anxiety and Depression Scale to the chronic low back pain patients. The results of this study are presented in this paper.

Results.—The prevalence of low back pain was 7.8% in the general population.

Conclusion.—The prevalence of low back pain in the general population was 7.8%, and the most common symptoms were pain, stiffness, and fatigue. The hospital anxiety and depression scale was related to disability, and the BPI was related to pain.

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