Introduction.– Osteopoikilosis (OPK) is a rare, benign and asymptomatic bone dysplasia. It is characterized by an abnormality in the enchondral bone maturation process and often found incidentally on radiologic examination.

Observations.– 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 painlessly 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 periaricular 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.

Keywords: Osteopoikilosis; Osteosclerotic dysplasia; Pain

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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 painlessly 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 periaricular 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

Myotensive techniques and piriformis muscle syndrome in sports
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Keywords: Myotensive techniques; Pyriformis 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 3 sessions per week. This rehabilitation consisted mainly of myotensive 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 75/100.

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

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P096-e

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 therapeutic 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
Heterotopic ossification in Guillain-Barré syndrome: Rare localization: About a case and review of the literature

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Keywords: Heterotopic ossification; Guillain-Barré syndrome; Polyradiculoneuritis

Introduction.– Heterotopic ossifications are frequent in central nervous disease, on the opposite just a few cases have been described in peripheral disorders.

Observation.– A 18-year-old man without particular history. The onset of symptoms goes back to 2012 by the installation of a rapidly progressive ascendant reflexic flacid tetraplegia without sensory or urinary troubles with respiratory distress and trouble of swallowing with stay in intensive care. The evolution was marked by polyarticular stiffness of elbows, knees and hips. X-ray showed neurogenic heterotopic ossifications and high alkaline phosphatase.

Discussion.– Heterotopic ossification is a frequent complication in central neurological lesions such spinal cord injury or brain injury. Just a few cases following peripheral nerve disorders have been reported.

The severity of neurological impairment associated with the onset of encephalopathy is probably important risk factors in these patients, involving careful monitoring.

Further reading

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Simultaneous bilateral rupture of the patellar tendon: A case report


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Keywords: Patellar tendon; Tendon tears; Surgery; Rehabilitation

Introduction.– The patellar tendon ruptures are well known in orthopedic literature lesions, however bilateral simultaneous ruptures are extremely rare.

Case presentation.– A 35-year-old patient monitoring for chronic renal failure with hyperparathyroidism undergoing hemodialysis for 15 years. He was admitted for pain with functional importance of two lower limbs. Both knees were very tender on palpation and the patient complained of severe pain. Active stretching of the quadriceps muscles was impossible without pain.

Conclusion.– In our case, the patient had no recent trauma and the bilateral ruptures were spontaneous.

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