Keywords: Osteoikiosis; Osteoikiosis; Pain
Introduction.– Osteoikiosis (OIK) is a rare, benign 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 radi-
opaque 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 radiologic
findings, the patient was diagnosed as OIK. 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.– OIK is an asymptomatic condition which is usually found inci-
dentially on radiological examination, but sometimes there 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 oste-
olysis 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 phys-
ical examination, flexion, extension and abduction of the left shoulder were
painfully restricted and there was point tenderness over the left acromioclav-
icular 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.
http://dx.doi.org/10.1016/j.rehab.2014.03.693

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 Ques-
tionnaire) 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; 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 5 sessions per week. This reeducation 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 base-
ball), 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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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 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