

Effects of fascial manipulation in rehabilitation of individuals with rotator cuff pathology

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Abstract

Objective: To evaluate the effects of fascial manipulation intervention on shoulder range of motion and pain in subjects with shoulder rotator cuff pathology.

Material & Methods: A total of 15 participants were recruited: subjects with rotator cuff pathology with pain and dysfunctional ROM were included in the study. Using fascial manipulation based on the myofascial sequence was applied over the upper limb based on the sequence of ROM affected. Pain score and shoulder range of motion score were recorded.

Results & Discussion: A significant increase in shoulder abduction range of motion & pain relief was observed. There are several factors as pitfalls in shoulder treatment. There are also several factors influencing recovery along in fascial manipulation. Application of fascial manipulation technique may be effective in shoulder dys-functions, recovery claimed may be due to viscosity of the deep fascia and muscles due to increased viscosity of hyaluronic acid (HA) molecules prevents the normal gliding of fascia during movement inhibiting normal proprioception and muscle function. It is important for physiotherapist to have more insight into prognostic factors for expected recovery for choosing fascial manipulation as a modality in rotator cuff dysfunction. Wide choice of conservative therapy treatments is presently used for rotator cuff pathology.

Conclusion: Individuals with rotator cuff pathology of the shoulder are able to demonstrate immediate beneficial adaptations to fascial manipulation based on the myofascial sequence which incorporates the fascial biomechanics & neurophysiology. This is important as it can effectively be used in pain relief after which the follow up strengthening exercise program is executable.

Publications

Effects of Move Kinetic Taping in Rehabilitation of Shoulder Abduction Dysfunction Syndrome January 2017 DOI: 10.4172/2161-0533.1000244

A Comparative Study between Combinations of Ultrasound Therapy with Active Chin Tuck Exercise and Ultrasound Therapy with Sub Occipital Muscle Release in the Management of Non-Specific Neck Pain due to Sub Occipital Muscle Tightness among Computer Professionals June 2016, DOI: 10.15406/mojor.2016.05.00173



[3rd Annual Conference on Orthopaedics, Rheumatology and Osteoporosis](#) | June 22-23, 2020

Citation: Bhojan Kannabiran, Journal of Orthopedic Disorder, Effects of fascial manipulation in rehabilitation of individuals with rotator cuff pathology, Ortho congress 2020, 3rd Annual Conference on Orthopaedics, Rheumatology and Osteoporosis | June 22-23, 2020, 6.