Keywords: Shoulder dislocation; Elderly people; Rehabilitation

Purpose.– Show evolutionary features of this condition, determine the incidence of associated lesions and interest capital for early and appropriate rehabilitation.

Patients and methods.– Prospective study of 23 cases of anteromedial dislocation of the shoulder in patients aged 50 years and older. This was a first episode in all cases. There was no neurovascular disorder associated. Dislocation was secondary to a fall low kinetics in 12 patients. After reduction, all patients had a contention by a type bandage Dujarrier. Rehabilitation was started after 10 days.

Results.– After a mean follow-up of 8 months, according to the results of trading ROWE were excellent or good in 75% of cases. We had 2 cases of recurrence. Seven patients had a lesion of the rotator cuff in ultrasonography. Two motorcyclists patients are included. Follow-up during 6 and 9 months. The exertional pain during motorcycling disappeared. The IMP is assessed in only one patient at 4 post-treatment months and became normal. A weakness is observed in the 2 patients during 3.5 and 4 months and was assessed between 2/5 and 4+ in function of the muscle and the patient.

Conclusion.– In these 2 first cases of FA-ECS, the BT effectiveness was similar to the BT effectiveness in ECS of the leg but with a transitory disabling weakness. A best adjustment of the BT doses is necessary before to start a therapeutic trial.

Reference

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P128-e

Questionnaire to evaluate musculoskeletal disorders among musicians

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Keywords: Musculoskeletal; Disorders; Musicians; Questionnaire; Risk factors

Most professional musicians will suffer, at some point in their career, of playing related musculoskeletal disorders (PRMD). Better knowledge about these specific professional problems is needed, in order to define risk factors that could predict PRMD and to improve preventive and therapeutic measures. The aim of this study is to develop a questionnaire that could be used by researchers and physicians to undertake a detailed baseline assessment of musicians.

Many professional musicians around the world, specialists in different types of instruments that played in the international music festival (Italy, 2013) were invited to participate. The final instrument was divided in three sections: biodynamics data and general physical care; player performance profile; player injury profile. The survey’s content and length were found to be acceptable by the subjects. All participants filled the survey with the research team present in the room, and it seemed like there were no apparent major problems with the subjects’ interpretation of the questions. The need to undertake a detailed baseline assessment of musicians was the stimulus to build and formalise this instrument. The survey should prove useful to researchers to evaluate PRMD and can be used in an injury surveillance program.

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P129-e

Handball and angular knee deformities in schoolgirls

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Keywords: genu valgus; genu varus; knee; handball

Introduction.– Various knee deformities may have a direct impact on the modification of gait kinematics. Physical activity and sport could influence development of skeleton of children.

Objective.– To investigate degree of knee angular deformities in the girls training handball.

Methods.– Sixty-seven girls, average age of 14 years were included in our research (33 girls were training handball and 34 girls were untrained). The degree of genu valgus and genu varus was established in both groups of girls by physical examination and estimated by score from 0 to 4. “0” was estimated the normal finding.

Results.– Average score of valgus knee deformity in the girls that were training handball was 0.24 ± 0.6 and in the untrained girls 0.52 ± 0.82. Difference was not statistically significant (t = 1.37, P > 0.05). Average score of varus knee deformity was 0.08 ± 0.4 in the training girls, and 0.2 ± 0.5 in the untrained. The difference was statistically significant (t = 2.29, P < 0.05).

Discussion.– Varus knee deformities were significantly more rarely present in girls that were training handball in comparison to untrained girls of the same age.
These results could have importance in prevention and as a part of the therapy of children with angular knee deformities.

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P130-e

Neck and upper extremity disorders in hospital staff: Associated factors and quality of life impact


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Keywords: Musculoskeletal disorders; Work; Hospital staff; Quality of life

Introduction.– To study related factors and the quality of life of hospital staff (HS) with neck and upper extremity disorders (NUED).

Methods.– Prospective cross-sectional study based on a questionnaire administered in the HS of a university hospital. Variables studied: epidemiological characteristics, working conditions, pain, disability and quality of life.

Results.– The sample consists of 433 respondent among 520 HS questioned and divided into four groups: group (A) of subjects with NUED (n = 38), group (B) of subjects with association of NUED and other musculoskeletal disorders (MSD) (n = 115), group (C) of subjects with other MSD (n = 184) and group (D) of subjects without MSD (n = 96). Group A uses a means of transport (P = 0.025) and a convenient outside work activity (P = 0.003) more frequently than other groups. Group A and B include more women (P = 0.007), suffer more (P < 0.001), have a significant impairment of physical and mental quality of life (P < 0.001 and P = 0.001) and have more mental and physical stress (P = 0.047). Group B experience more disability (P = 0.001). Smoking is more common in group C (P = 0.004).

Conclusion.– NUED severely impair the quality of life of HS and should be distinguished from other MSD in terms of associated factors.

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P131-e

Contribution of rehabilitation in functional improvement of chronic neck pain

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Introduction.– Chronic neck pain is a common and disabling condition by its functional impact. Rehabilitation is essential in medical care. The aim of this work is to determine the impact of rehabilitation on improving pain and function.

Methods.– A retrospective study on 50 patients with chronic neck pain. A clinical evaluation of the mobility of the cervical spine, pain (VAS), the functional impact (algofunctional scale), disability (VAS) and quality of life (SF36) was made before and after the rehabilitation program functional.

Results.– Fifty patients were included with a mean age of 47 years. The initial clinical evaluation showed a limitation of spinal mobility related to a functional impairment and impaired quality of life. After the program, improvement of pain intensity (P = 0.03), cervical mobility, extension (P = 0.05), flexion (P = 0.025), rotation right (P = 0.025) and left (P = 0.004), function (P = 0.02), degree of disability (P = 0.04) and different dimensions of the SF36.

Conclusion.– The rehabilitation is effective in the correction of functional impairment resulting in better socio-professional reintegration.

Further reading


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P132-e

Is sagittal balance assessment mandatory in low back pain rehabilitation? Limits of treatment

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Keywords: Low back pain; Sagittal balance; Pelvic tilt; Physical evaluation

Introduction.– Exercises in rehabilitation program are effective to reduce low back pain. But rehabilitation programs are the same for everyone with flexibility, strength, and endurance training; However, differences in back morphologies may request a specific approach.

Methods.– Ninety-seven patients with low back pain underwent radiologic and physical examination in order to compare morphologic parameters and physical tests. Two groups were defined by using the pelvic tilt (PT) to assess sagittal balance. Low pelvic tilt with PT < 35° represents group 1 with 27 patients, high pelvic tilt with PT > 35° represents group 2 with 70 patients. Shirado Ito and Sorensen test, quadriceps isometric test and hamstrings flexibility were tested for each patient.

Results.– There is no difference between the two groups on age, quadriceps isometric test, Shirado Ito and Sorensen test; The only difference is hamstrings stiffness more important in group 1 (statistically significant).

Discussion.– There are differences in physical evaluation depending on the pelvic tilt. Rehabilitation programs have to notice the sagittal balance and adjust the exercises.

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P133-e

Anti-synthetase syndrome: An entity in recognition

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Keywords: Anti-synthetase syndrome; Myositis; Inflammatory

Introduction.– The anti-synthetase syndrome is a rare inflammatory myositis that attend with multiorganic achievement and positive anti-synthetase antibody.

Observations.– A 57-year-old woman, with dry cough and progressive dyspnea on minimal exertion, proximal muscle weakness, dysphagia and dysphonia with months of evolution. Admitted to the emergency department with myalgia, fever, worsening dyspnoea and chest pain. Complementary tests showed: pulmonary bilateral interstitial pattern, pulmonary glass opacities bilaterally, elevation of myocardial necrosis markers, myocarditis, positives anti-PL 12 and Anti-Ku and lymphocytic alveolitis CD4. Diagnosed severe anti-synthetase syndrome with musculoskeletal achievement (scapular, neck and pelvic girdle muscles, esophagus and vocal cords), severe myocardial and pulmonary alveolitis. Treated with plasmapheresis, immunoglobin, corticosteroids and cyclophosphamide with good clinical response. After intense rehabilitation program, significant improvement in muscle strength and respiratory performance, resolution of dysphagia and dysphonia, and functional improvement (maximum scores on Barthel index and FIM).

Discussion.– It is necessary a high index of suspicion for an early diagnosis of an entity that is rare but can be rapidly fatal. Importance of a multidisciplinary approach, emphasizing the rehabilitation program as the cornerstone of treatment, which provides significant clinical and functional improvement.

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P134-e

A fracture of the patella that redirects a life

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Keywords: Fracture; Patella; Rehabilitation

Introduction.– A 58-year-old woman with a fracture of the patella was referred to us for rehabilitation.