

REHAB Онлайн тренінг « Фізична терапія пацієнтів, які перенесли артроскопічне втручання на плечовому суглобі з приводу спайкового капсуліту»

04 лютого 2022 року в рамках реалізації проекту «Інноваційна реабілітаційна освіта - впровадження нових магістерських програм в Україні (REHAB)» № 598938-ERP-1-2018-1-LV-ERPKA2-SVNE-JP програми Еразмус+, що фінансується Європейським Союзом проходив тренінг «Фізична терапія пацієнтів, які перенесли артроскопічне втручання на плечовому суглобі з приводу спайкового капсуліту» для викладачів та студентів спеціальності 227 Фізична терапія, ерготерапія.

0-2 WEEKS Goal: Minimise pain and ensure patient comprehension of mobility programme

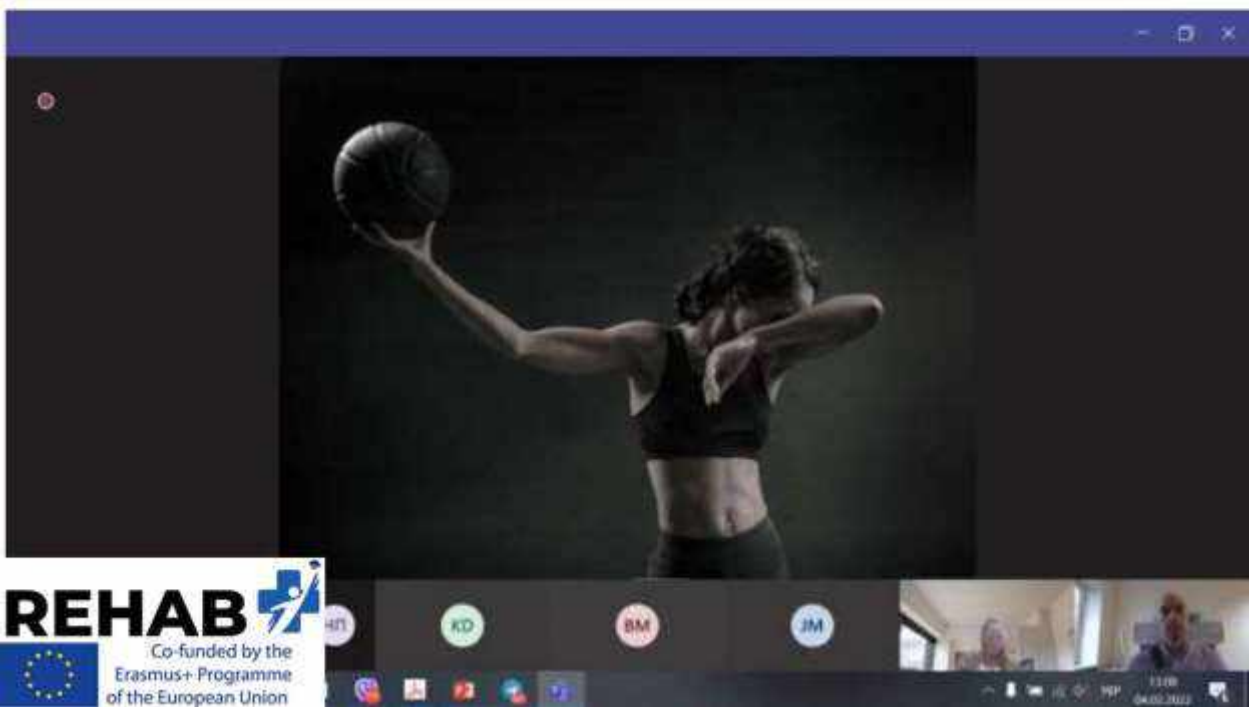
- Collar and cuff to be removed as soon as block wears off
- Light functional tasks should be encouraged as comfort allows as soon as block wears off.
- Patient to be taught capsular stretching exercises (for anterior / posterior / superior / inferior portions)
- Avoid sleeper stretches; stretch into horizontal adduction with the arm below shoulder height to address posterior tightness.
- Physiotherapist to perform capsular mobilisations to patient.
- Physiotherapist to perform passive physiological movements
- Emphasis efficient and 'normalised' movement patterns

Below the slide, a Zoom meeting interface is visible with a toolbar and a row of participant icons labeled with initials: +S, KB, OC, TA, HP, KD, JM, AN. A small video thumbnail of a participant is visible on the right.

6-12 WEEKS Goal: AROM to at least peri-operative level by 12 weeks

- Continue with capsular/joint mobilisations/passive physiological movements in physiotherapy as required; keep to a minimum to ensure patient builds self-efficacy
- Patient to continue their mobility/stretching programme
- Continue to facilitate rotator cuff activity during elevation
- Progress proprioceptive work through continued closed kinetic chain exercises e.g. weight bearing through arms in 4-point kneeling
- Progress rotator cuff controlled movement and strengthening work e.g. dumbbell
- Continue to incorporate the kinetic chain e.g. squats, lunges, wall squats with arm elevation
- Start sport-specific training at a level below shoulder height
- Progress rotator cuff exercises above shoulder height as pain allows e.g. shoulder press, resisted elevation

In the bottom left corner, there is a logo for REHAB, which includes the text "REHAB" in large blue letters, a blue cross icon, and "Co-funded by the Erasmus+ Programme of the European Union" below it. The Zoom meeting interface at the bottom shows participant icons for KD, TA, AN, JM and a video thumbnail of a participant.



Тренінг був організований факультетом реабілітації Університету фізичного виховання імені Йозефа Пілсудського в Варшаві (Республіка Польща) у програмі Teams.

Під час тренінгу, лектор PhD Krzysztof Dudziński, висвітлив усі особливості проведення фізичної терапії для пацієнтів які перенесли артроскопічне втручання на плечовому суглобі.

Neer test



A woman in a red tank top is performing a Neer test. Her right arm is raised straight up, and a hand is supporting it from behind. The woman's face is obscured by a blue smiley face icon.


43:20

KAROL WYSCIBALSKI

HTI KD JM AN

13:43 04.02.2022

bad cop test compression/distraction – AC joint



Two side-by-side photographs show a woman in a red tank top undergoing a bad cop test. In the left photo, her right arm is raised and bent at the elbow, with a blue arrow pointing upwards along the arm. In the right photo, her right arm is bent at the elbow with the hand behind her back, and a blue arrow points upwards along the arm.

43:54

KAROL WYSCIBALSKI

HTI KD JM AN

13:43 04.02.2022

What will help us?

Adhesive capsulitis is often self-limited;

Neveler AS, Neveler RJ. Adhesive capsulitis of the shoulder. J Am Acad Orthop Surg. 2011;19(9):536-542



Fartosz Wysocki

Participant avatars: -43, KR, OC, YA, HIT, KD, JM, AN. Meeting title: Rehabilitating Cervical D... Meeting time: 13:21, 04/02/2022.

Coracohumeral Ligament (CHL) thickening



Fartosz Wysocki

Participant avatars: TA, HIT, KD, JM, AN. Meeting title: Rehabilitating Cervical D... Meeting time: 13:52, 04/02/2022.



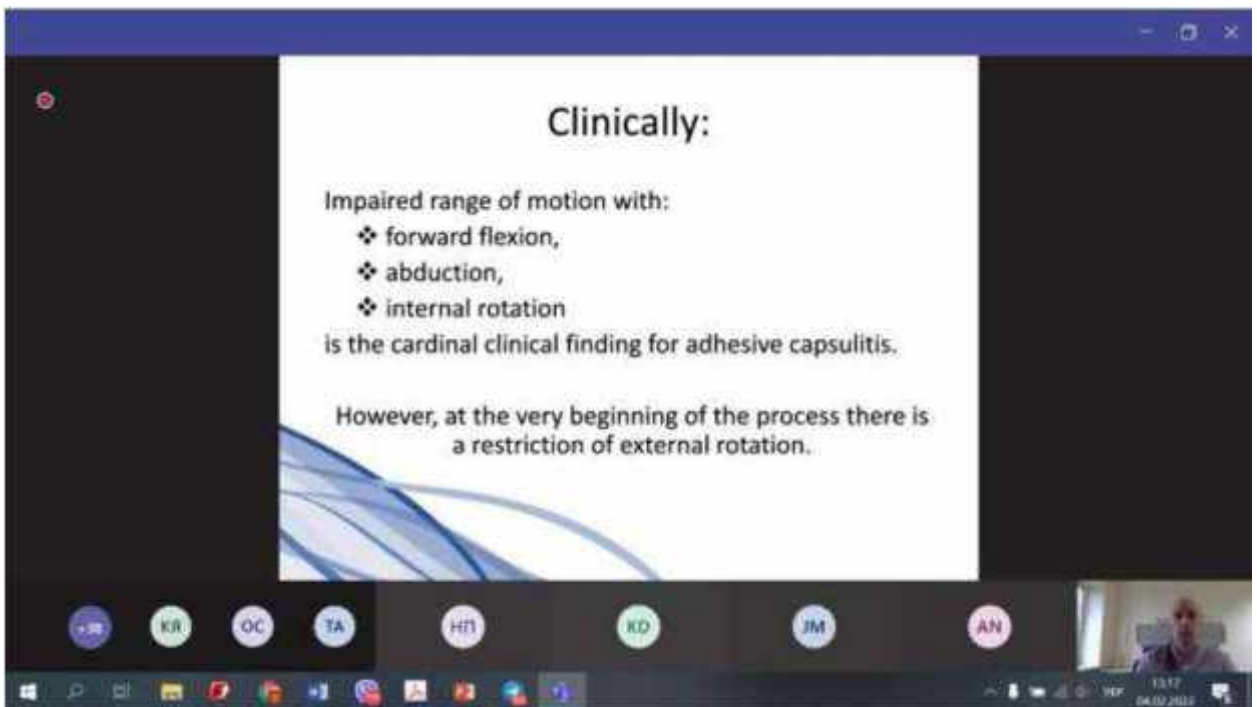
Clinically:

Impaired range of motion with:

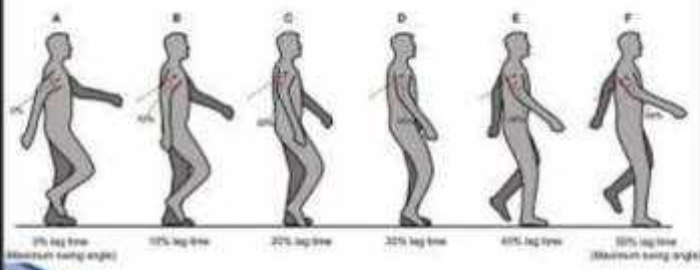
- ❖ forward flexion,
- ❖ abduction,
- ❖ internal rotation

is the cardinal clinical finding for adhesive capsulitis.

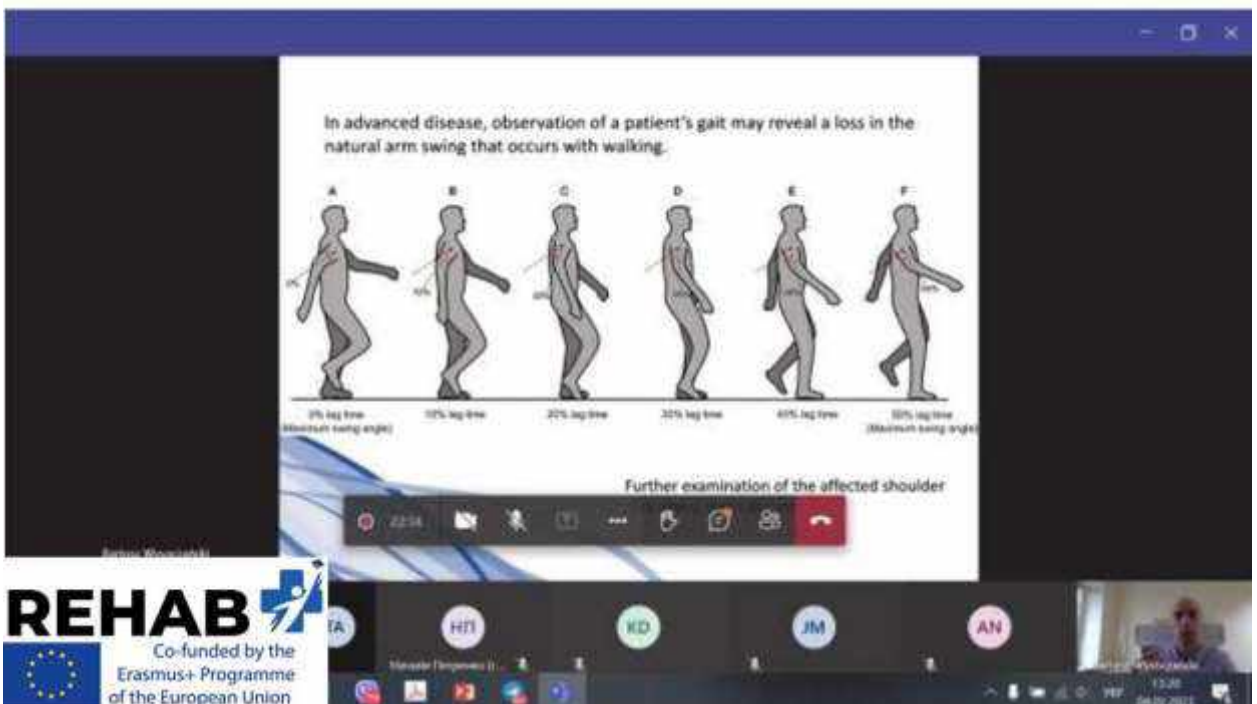
However, at the very beginning of the process there is a restriction of external rotation.



In advanced disease, observation of a patient's gait may reveal a loss in the natural arm swing that occurs with walking.



Further examination of the affected shoulder



Тренінг відвідали викладачі та студенти Львівського державного університету фізичної культури ім.І. Боберського, Національного університету фізичного виховання і спорту України, Тернопільського національного медичного університету ім. І. Горбачевського, Сумського державного університету, Литовського Спортивного Університету, Латвійської академії спортивної педагогіки.

Учасники тренінгу, були дуже зацікавлені поданим матеріалом, задавали питання пану лектору, відбулося жваве обговорення.

REHAB Online training «Physical therapy of patients who underwent arthroscopic intervention on the shoulder joint for adhesive capsulitis».

February 04 , 2022 within the framework of Erasmus+ program project «Innovative Rehabilitation Education - Introduction of new master degree programs in Ukraine» (REHAB) No. 598938-EPP-1-2018-1-LV-EPPKA2-CBHE-JP funded by the European Union was conducted an online training on current topic " Physical therapy of patients who underwent arthroscopic intervention on the shoulder joint for adhesive capsulitis " for teachers and students of the specialty 227 - Physical therapy, occupational therapy.

The training was organized by the Faculty of Rehabilitation, Jozef Pilsudski University of Physical in Warsaw (Republic of Poland) in the Teams program.

During the training, PhD lecturer Krzysztof Dudziński highlighted all the features of physical therapy for patients who have undergone arthroscopic intervention on the shoulder joint.

The training was attended by teachers and students of I. Boberskyj Lviv State University of Physical Culture, National University of Physical Education and Sports of Ukraine, I. Horbachevskyi Ternopil National Medical University , Sumy State University, Lithuanian Sports University, Latvian Academy of Sport Education.

The participants of the training were very interested in the presented material, asked questions to the lecturer, so there was a lively discussion on the topic of the training.

«This project has been funded with support from the European Commission. This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein».