

# THE UTILITY OF MEDICAL DEVICES IN POST-TRAUMATIC SHOULDER THERAPY

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## INTRODUCTION

The shoulder is a complex joint that has recently been the subject of an increasing number of studies due to the increased rate of traumatic injuries, above all in contact and throwing sports, skiing and cycling, and as a result of accidental falls during other sports activities.

It is quite important for a proper clinical diagnosis to be carried out using radiology, ultrasound and/or MRI, which provide for precise results, whether the injury is acute, as in the case of fractures or dislocations, or whether it shows signs of acromion-humeral friction, possibly involving the rotator cuff. In the latter case, in addition to surgery, the injury may even require a lengthy recovery and rehabilitation period, forcing the athlete to remain out of play for a more or less extended period of time.

A careful anamnestic examination must be carried out in order to establish how the trauma came about and to make a correct diagnosis, as well as to gain a full understanding of the patient's pain, movement limitations, loss of strength and instability.

The objective of post-traumatic shoulder therapy is to decrease the patient's pain and to restore the shoulder's functionality.

The purpose of this study is to evaluate the effectiveness of treatment with MD Shoulder in reducing persistent pain and in improving shoulder functionality in athletes who have suffered shoulder injuries.

## MATERIALS AND METHODS

**Subjects:** The criteria for inclusion in the study were the following:- post-traumatic shoulder pain-, altered passive range of motion and impaired shoulder function.

The criteria for exclusion, on the other hand, included post-surgery patients, as well as bone injuries and ligamentous injuries verified by means of ultrasound and/or X-ray imaging.

I examined the eighteen patients who were admitted to the study, all of whom were amateur athletes of various sports who had suffered trauma as a result of accidents or falls during their sports activities.

Average age 34 S.D. + 8.9 height 175 S.D. + 5.7 weight 69 S.D. + 7.3

All of the patients reported pain, both persistent and during movement, and none had previously engaged in a rehabilitation program

The patients were treated twice a week with MD Shoulder, in vials administered using oxygen propulsion (up to 98% pure) at a pressure of 2 atm, for a period of 5 weeks, corresponding to a total of 10 doses. Each treatment session lasted 30 minutes.

Each patient completed a Shoulder Rating Questionnaire, regarding their symptoms and their shoulder function, at the beginning and end of the treatment period.

The questionnaire included questions regarding the characteristics and intensity of the pain, as well as the degree of difficulty in using the shoulder during work and functional activities.

The questionnaire's score ranged from a minimum of 12 (worst case) to a maximum of 75 (best case).

## CONCLUSIONS

Each patient's questionnaire score had increased following the 10 treatment sessions.

The statistical analysis of the sample subjects showed a significant difference before and after the treatment, thus indicating its effectiveness.

The treatment described herein helped to decrease the pain that resulted in the patients' functional limitations.