

## COMPARISON THE RESULTS OF OPERATIVE AND NONOPERATIVE TREATMENT IN THE IMPINGEMENT SYNDROME

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### **Introduction**

We usually have the problem with decision o. how to treat a patient with impingement syndrom. Standard treatment usually includes: physioterapy and antyinflamantory drugs. An option is thye operative treatment. This presentation presents results of different kind of treatment in patients with impingement syndrome who were treated in our clinic in years 1999-2003.

### **Methods**

15 patients after artroskopy and 15 with nonoperative treatment were observed. There were no rotator cuff tears in our patients, based on clinical evaluation and ultrasound diagnosis. Patients were treated by our own method of physiotherapy. Nonoperative patients for a period of 5 months and after arthroscopy for 4 monhts. We evaluated the patients who had finished physioterapy 4 months to 3 years before. We evaluated functional ability of the shoulder, its mobility and strenght. We prepared several questions which were answered by the patients.

### **Results**

15 patients after acromioplasty: 9 male and 6 female were observed. We observed the return to maximal, asymptomatic mobility in 12 patients. 2 had restiction of internal rotation in adduction- test: „puting a hand into the back pocket”. One patient had a possitive aprehension test four months after the arthroscopy. In the 0-10 points scale results are: seven points (8 patients), eight points (4 patients), ten points (4 patients). Return to pre-arthroskopy activity in 12 patients. Aproximate time of the treatment was 5 months.

15 patients with nonoperative trearment (11 male and 4 female). Return to maximal asymptomatic mobility in 10 patients. Two patients had pain during the aprehesion test. Results in the 0-10 points scale: five points (4 patients), nine points (2 patients), ten points (9 patients). Return to pre-treatment activity = 11 patients. Three of those patients were operated after 2 months of nonoperative treatment. Time of treatment aproximatly 8 months. Time of non operative treatment was aproximatly 3 months longer then operative. After the non operative treatment more patients return to sports activity. The number of patients with the restricior of movement is lesser after nonperative treatment. There were more rotaror cuff tears in the nonoperative treated patients during the treatment period.

### **Discussion**

A low number of the patients do not let us set up right conclusions. We treated much more patients with the impingement syndrom. But these 30 was evaluated and selected from the group over 80 patients who had also diferent coexist problems with the plexus brachilis and tendons around the scapula.

### **Conclusions**

We advice non operative treatment in the patients who had not require early come back to sports activity. It seems important to educate patients during conservative treatment despite of it. There is always a danger of rotator cuff tear when impingement presents.

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