

# THE EFFECT OF CONVENTIONAL PHYSICAL THERAPY IN REDUCING PAIN IN PATIENTS WITH CALCIFIC ROTATOR CUFF TENDINITIS OF THE SHOULDER

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## Background and Aims

Calcific tendinitis of the shoulder rotator cuff is a common disorder of commonly treated with physical treatment modalities. The objective of the clinical study is to evaluate the effect of conventional physical therapy in reducing the pain in patients with calcific tendinitis of the shoulder rotator cuff.

## Methods

The research was a prospective, monocentric clinical study that included 40 patients who received conventional physical treatment, ultrasound therapy with an intensity of 0.5 W on an area of 1 cm<sup>2</sup>, for 5 min, and diadynamic currents, for a duration of 3 weeks, every working day, namely 15 treatments of therapeutic ultrasound and 10 treatments of diadynamic currents and shoulder exercises. The efficacy of the treatment was evaluated using the Visual Analogue Scale (VAS) and Constant Murley Score. The patients were evaluated at the same time in four time points: before starting physical therapy, immediately after the end of the therapy, after the third and the sixth month after starting physical therapy.

## Results

All patients after the treatment had statistically significantly better results in the pain score and Constant Murley score, which were maintained even 6 months after the end of conventional physical therapy.

## Conclusion

Conventional physical therapy is a safe and noninvasive treatment in patients with calcific tendinitis of the shoulder rotator cuff that reduces the pain and improves quality of life.

**Keywords:** Calcific tendinitis, shoulder, physical therapy