

0950

Shoulder subluxation in patients with upper limb plejia

CV Lado, L Degue, I Rubel, L Olmos
FLENI, Pcia de Buenos Aires, Argentina

Introduction: Shoulder subluxation in patients with upper limb plejia is frequent. Treatment includes therapeutic interventions and use of support devices. Shoulder subluxation is often associated with shoulder pain and loss of the upper limb function. The objective of this research is to assess i) Temporal characteristics of subluxation ii) effectiveness of support devices, taping and FES and iii) shoulder function and pain in relation to the humeral head position in the glena.

Material and Method: 20 patients within 30 days after stroke were included. They were assessed at baseline, 60 and 90 days of the rehabilitation program using Brunnstrom stages, visual analog pain scale, passive range goneometry and X-rays. Three different shoulder X-rays were taken: without sling, with sling placed by the caregiver and with sling placed by the OT.

Results: 18 of the 20 cases presented shoulder subluxation In spite of having followed their treatment. Only 8 cases reported pain. No evidence was shown regarding upper limb function and subluxation degree.

Conclusion: Patients presented an irreversible subluxation tendency in spite of therapeutic interventions and use of support devices. Shoulder subluxation is not related neither with poor function of the upper limb nor with major pain. The X-rays showed a substantial difference in subluxation degree between the sling placed by the caregiver and the same sling placed by the OT; the subluxation degree in the second case was minor or reduced. Subluxation reduction depends on the use of the support devices. Therefore, is of vital importance for the glenohumeral alignment, training the caregiver on the use and placement of the support device.