

Schouderinstabiliteit

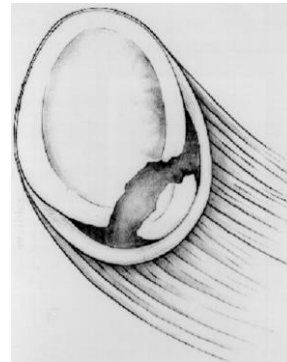
*Conservatief behandelen;
welke criteria bepalen de duur?*

**Karin Hekman, fysio- manueel therapeut
IBC Amstelland, Amstelveen**

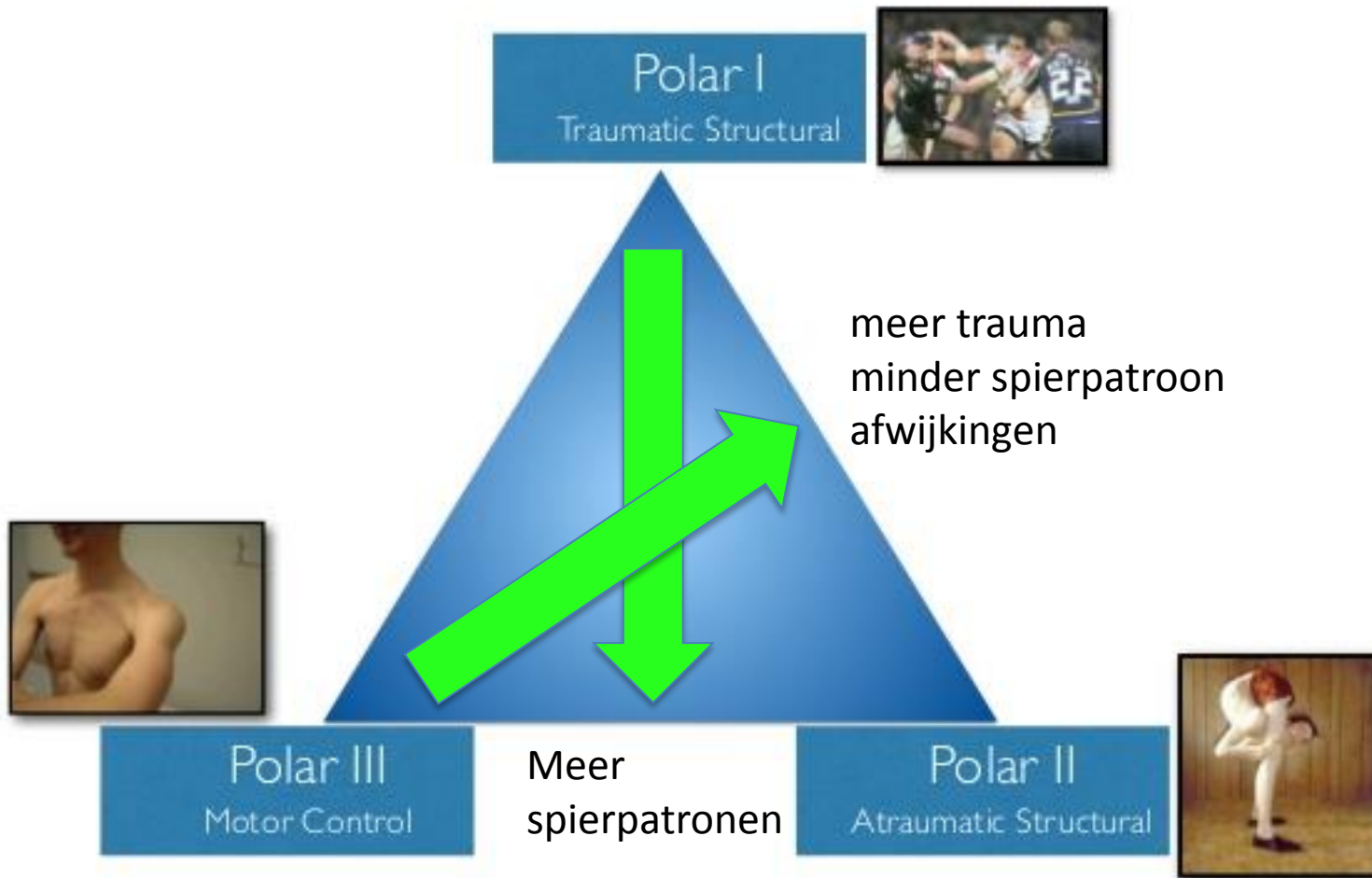


Diagnostiek

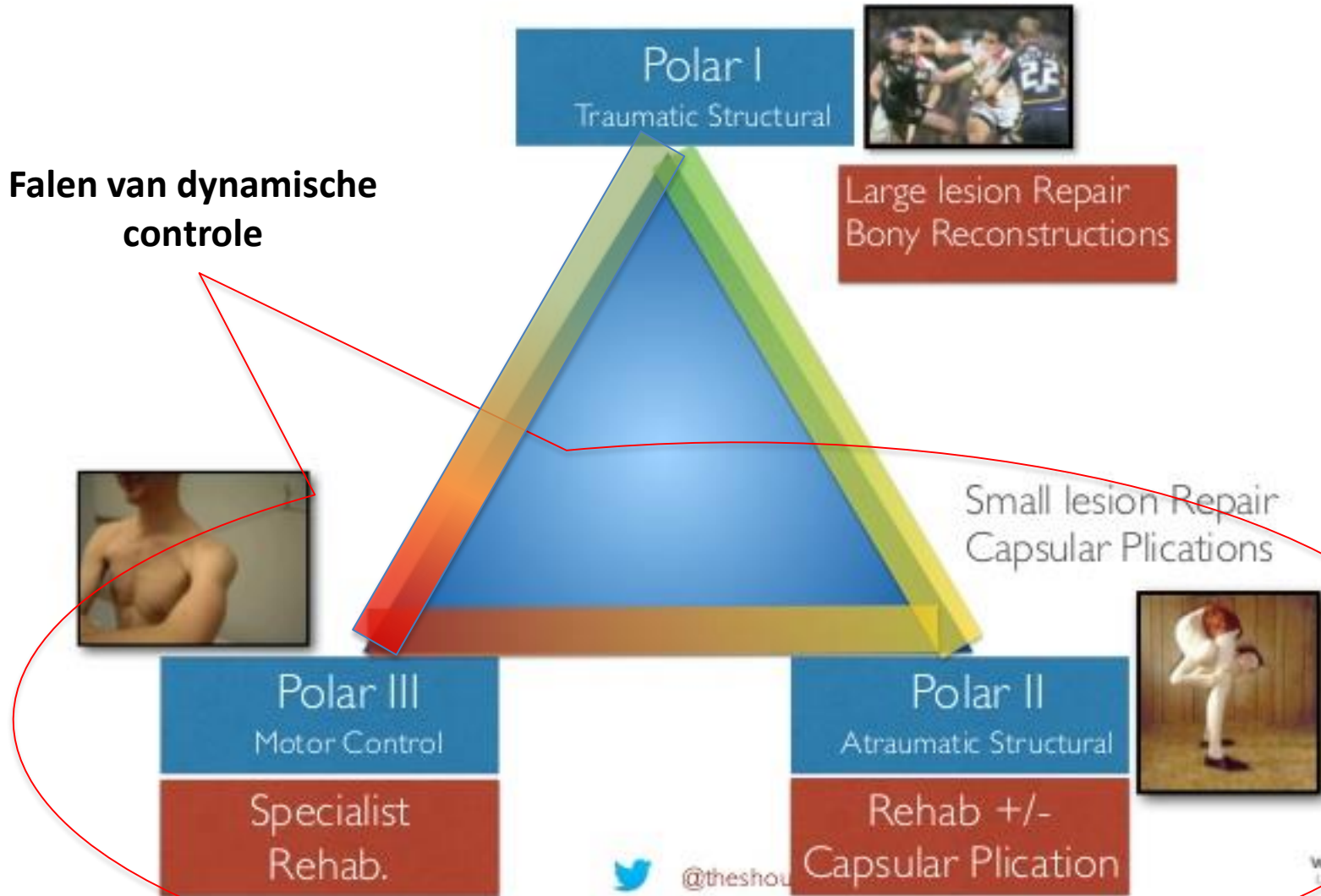
- Mechanisme
- Ernst
- Richting
- Etiologie
- Frequentie; pijn
belemmeringen; psychosociaal
- Stanmore triangle



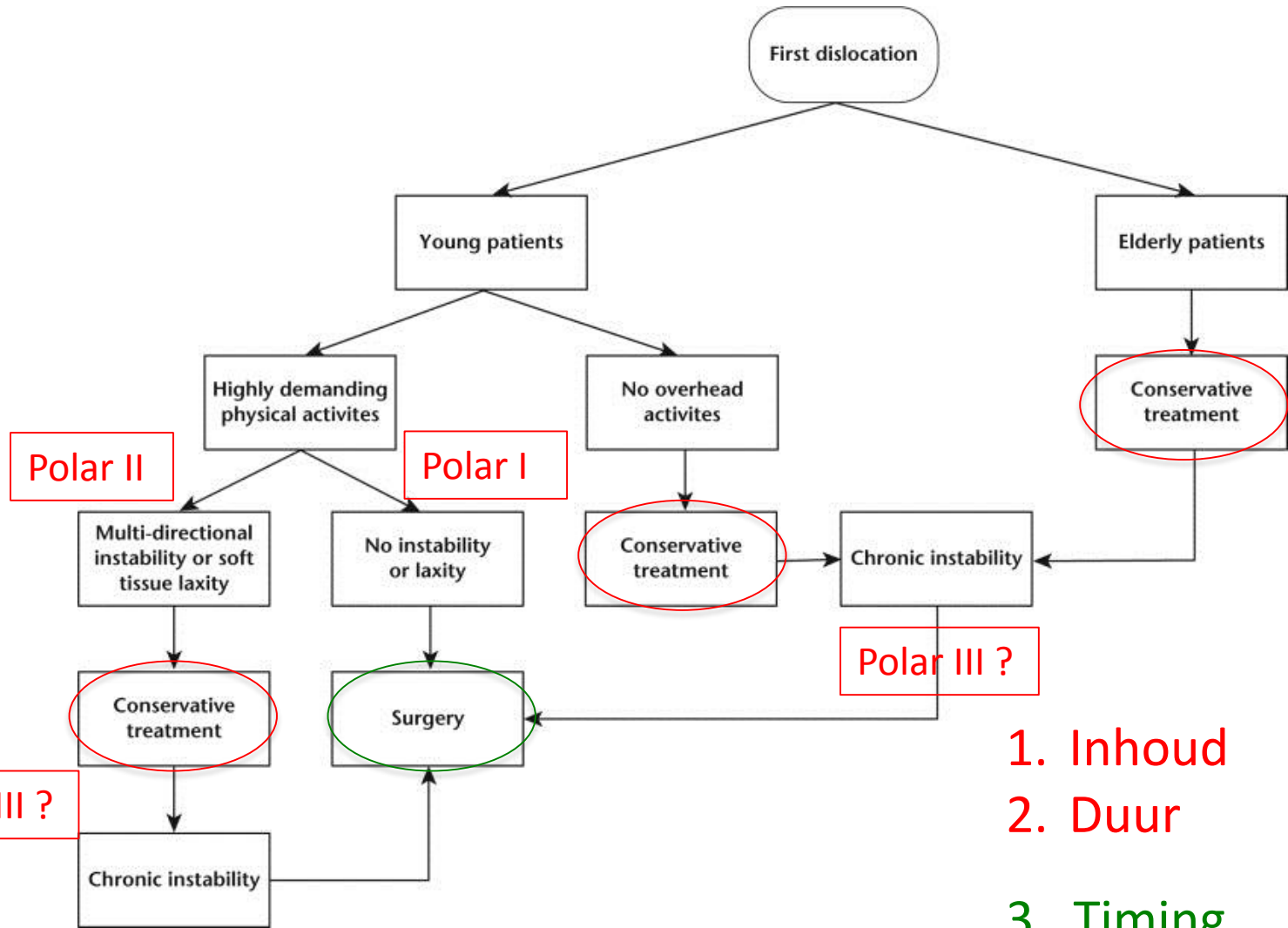
STANMORE CLASSIFICATION



STANMORE CLASSIFICATION



Treatment algoritme voor eerste anterieure luxatie



1. Inhoud
2. Duur
3. Timing

1. Inhoud

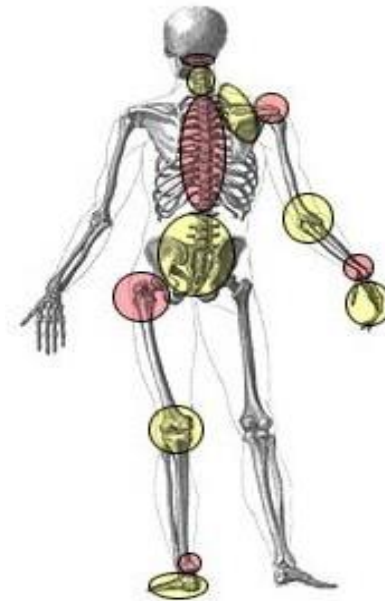
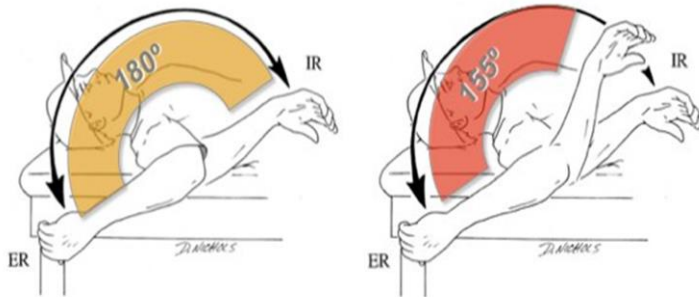
- Range of motion
- Keten (houding en core stabiliteit)
- Spierpatronen (dominantie/Inhibitie)
- Motor control (time to react + cuff control through range)
- Kracht (duur, absoluut)

Range of motion

1. Inhoud

GIRD/TROMD

Whiteley et al. 2016

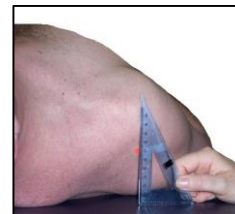


Mobility
Stability

Ellenbecker et al. 2010

Pectoralis minor verkorting

- acromion-tafel afstand
- PMI
- PMLT



Ludewig, Borstad 2005

Rosa et al. 2016

Kracht (duur + absoluut)

1. Inhoud

- D/ND ratio
- Exo/endo ratio
- Ecc ER/conc IR ratio
- Fatigue tests

- Sport specifieke normeringen

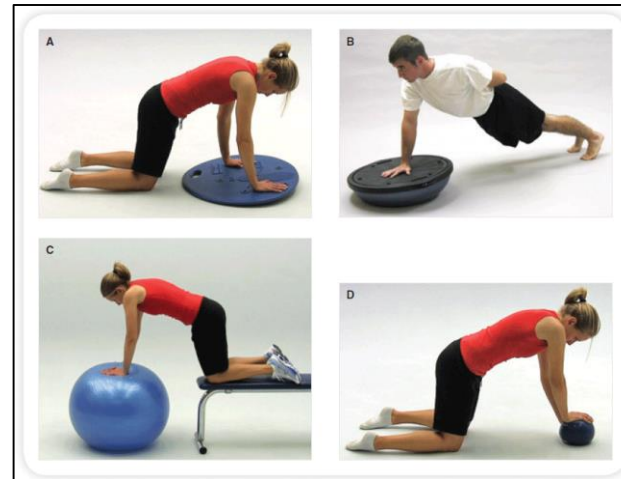
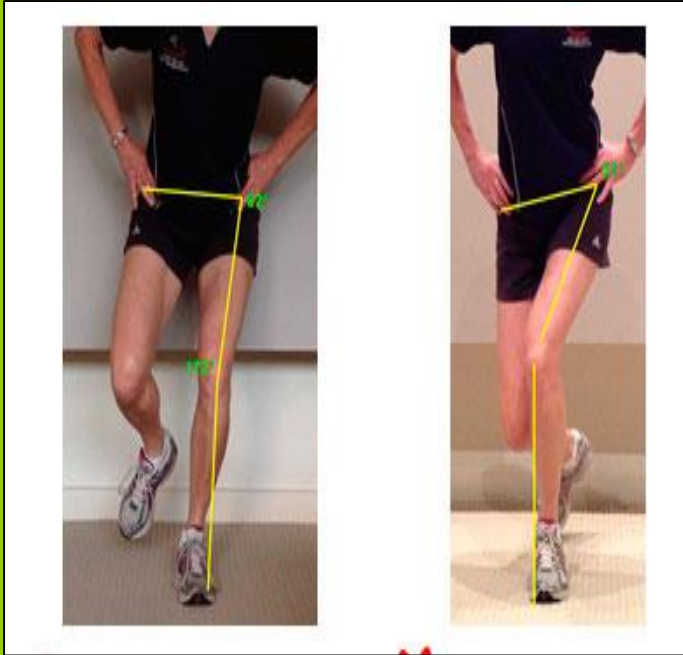
- Functionele testen
 - Y-balance
 - OE controle tests

Cools et al. 2016
Johansson et al. 2015
Bak et al. 1997

Westrick et al. 2012
Piva et al. 2006

Keten (houding en core stabiliteit)

1. Inhoud



Kibler et al. 2000-2008
Van Maenhout et al. 2010
Gibson et al. 2012

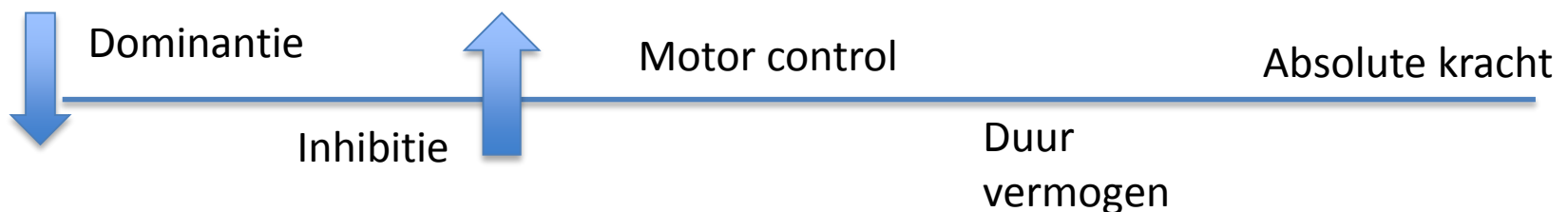
Spierpatroon afwijkingen

1. Inhoud

- CAVE Dominantie / Inhibitie patronen !!
- Scapula Dyskinesie
- Afwijkende recruitment patronen

Labriola et al 2005
Konrad et al 2006
Malone et al 2008

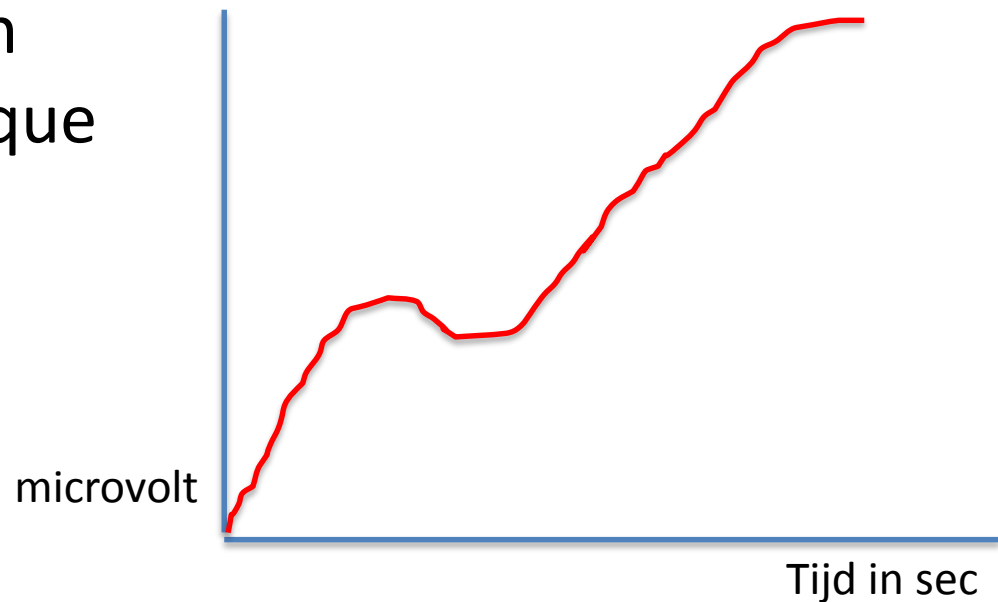
Jaggi et al 2010, 2012
Struyf, 2014



Neuro-musculaire controle

1. Inhoud

- gecontroleerde cuff contractie through range of motion
- snelheid van reageren
 - Time to peak torque
 - “switch on”



Park et al.
Poster SECEC 2017

Fabis et al. BMC MSD, 2016

2. Duur van de conservatieve behandeling

- 6- 12 weken
- 13-49% neurologisch letsel
- > 6mnd corticale veranderingen
- Apprehension test

BESS 'Shoulder Pathways', 2015

Visser et al, 1999
Robinson et al, 2012

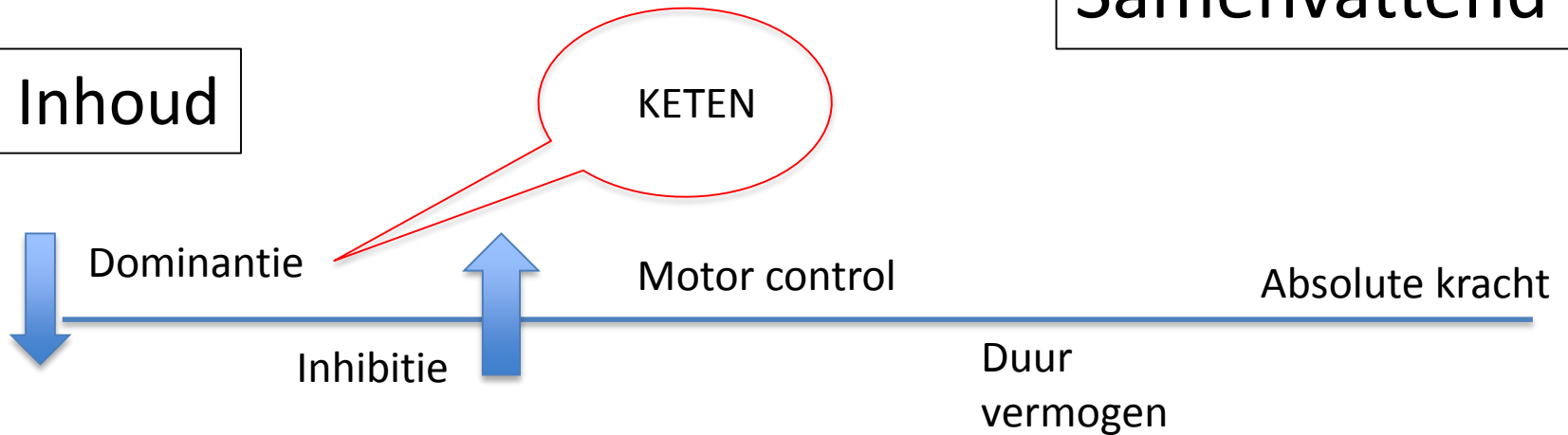
Zanchi, 2107
Ladermann, 2016

3. Timing operatief herstel

- >6 maanden post trauma Porcellini et al. 2009
- Shared decision making Bess shoulder pathways, 2015
- Nadelige effecten van spierpatroon / mobiliteit afwijkingen Jaggi, 2012

Samenvattend

Inhoud



Duur

- 3 ; < 6 maanden
- Bij jonge sporters scherpere controle op recidieven

Timing

- eerst spierpatronen herstellen, daarna operatief herstel