

3. PHYSICAL-KINETIC REHABILITATION METHODS IN TREATMENT OF SCAPULOHUMERAL PERIARTHRITIS.



Author: Ialii Valeria

Scientific advisor: Pleșca Svetlana, MD, PhD, Associate Professor, Department of Medical Rehabilitation, Physical Medicine and Manual Therapy, *Nicolae Testemitanu* State University of Medicine and Pharmacy, Chisinau, Republic of Moldova

Introduction. Periarthritis of the shoulder joint, commonly known as frozen shoulder syndrome, is prevalent in 80% of rheumatic shoulder diseases and mostly affects women aged 40-60. It significantly reduces mobility and increases shoulder joint pain, impacting daily activities and quality of life. Conventional treatments often don't fully alleviate symptoms, highlighting the need for physical-kinetic rehabilitation methods that focus on improving shoulder functionality and reducing pain through tailored exercise programs.

Aim of study. This literature review aims to evaluate the effectiveness of physical-kinetic rehabilitation methods in scapulohumeral periarthritis.

Methods and materials. A comprehensive search was performed in databases like PubMed to identify studies on the effectiveness of physical-kinetic rehabilitation methods in treating scapulohumeral periarthritis.

Results. Literature data suggest the importance of physical therapy for scapulohumeral periarthritis. Studies have shown that physical therapy is crucial for managing scapulohumeral periarthritis, studies showing its effectiveness, either alone or alongside other treatments, in improving shoulder function and reducing pain. Therapy varies by phase: the freezing phase focuses on pain management and gentle mobilization, the frozen phase on improving range of motion with active exercises, and the thawing phase on restoring full functionality with intensive exercises. These techniques are personalized to individual patient needs and may be combined with other treatments like medication and manual therapy techniques.

Conclusion. The review concludes that effectively treating frozen shoulder requires a combination of various physical therapy interventions tailored to each stage of the disease. This approach emphasizes the importance of personalized rehabilitation strategies in managing frozen shoulders, adapting therapy to the specific needs and progress of the patient at each stage of the condition.