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Original Article

A COMPARATIVE STUDY TO FIND THE EFFECTIVENESS OF ULTRASOUND THERAPY WITH CRYOKINETICS VERSUS ULTRASOUND THERAPY WITH DEEP FRICTION MASSAGE IN SUBJECTS WITH ACUTE SUPRASPINATUS TENDINITIS

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ABSTRACT

Objective of the Study

To compare the effectiveness of ultrasound therapy with cryokinetics versus ultrasound therapy with deep friction massage in reducing pain and disability in subjects with acute supraspinatus tendinitis.

Background of the Study

Supraspinatus tendinitis is a non-traumatic, inflammatory and degenerative condition affecting the supraspinatus tendon. This condition commonly affects individuals those who involve in repetitive overhead activities. The pain and the discomfort associated with this condition has a dramatic impact on range of motion and functional ability. This study was an attempt to assess and compare the effectiveness of two techniques namely cryokinetics and deep friction massage combined with ultrasound in reducing pain and improving shoulder function in subjects with acute supraspinatus tendinitis.

Methodology

30 patients both male and female were selected from the outpatient Dept of physiotherapy, ACS medical college and hospital Chennai. The duration of study was two weeks. Visual analogue scale and SPADI (Shoulder pain And Disability Index) was used before and after exercise for analysing the pain and activities.

Data Analysis

On comparing the mean values between GROUP-A and GROUP-B on visual analogue scale scores showed significant reduction in the post test means but ultrasound therapy with deep friction massage (GROUP-B) with a lower mean value (4.66) was more effective than ultrasound therapy with cryokinetics (GROUP-A) (6.2).

On comparing the mean values between GROUP-A and GROUP-B on SPADI score showed significant reduction in the post test means but ultrasound therapy with deep friction massage (GROUP-B) with a lower mean value (31.36) was more effective than ultrasound therapy with cryokinetics (GROUP-A) (46.39).

Results

Ultrasound Therapy With Deep Friction Massage was more effective in improving the functional ability and relieved pain when compared to Ultrasound Therapy With Cryokinetics.

Conclusions

The study concluded that therapeutic ultrasound with cryokinetics and therapeutic ultrasound with deep friction massage were effective in the rehabilitation of subjects with acute supraspinatus tendinitis. They improved the functional ability and relieved pain considerably but ultrasound therapy with deep friction massage proved to be more

effective than ultrasound therapy with cryokinetics.

KEYWORDS: Acute Supraspinatus Tendinitis.,Cryokinetics, Deep Friction Massage, Ultrasound Therapy, VAS and SPADI

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