

TREATMENT OF ROTATOR CUFF TENDINOPATHY AS A CONTRACTILE DYSFUNCTION. A CLINICAL COMMENTARY

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ABSTRACT

Background and purpose: Rotator cuff (RC) tendinopathy is a common disorder affecting many individuals, both in athletic and sedentary settings. Etiology of RC pathology or the most effective conservative treatment are not totally understood. The Mechanical Diagnosis and Treatment (MDT®) method is a widely known rehabilitative technique that allows therapists to diagnose and treat spinal, and peripheral mechanical disorders. Therefore, the purpose of this clinical commentary is to briefly describe RC tendinopathy, and its management using the MDT® method.

Description of topic: RC tendinopathies are often named with several different terms, showing the difficulty related unambiguous terminology and the diagnostic process. Pathologies at the glenohumeral joint are mostly labeled according to anatomy or the impaired tissues rather than in a functional way. MDT® examination allows mechanical disorders of the shoulder to be classified into categories that show good outcomes when treated accordingly.

Relation to clinical practice: The MDT® method may offer a practical, inexpensive, and effective solution to management of RC tendinopathies that present with a mechanical component.

Level of evidence: 5

Key words: McKenzie®, rehabilitation, shoulder.

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