

Literature Review of the effectiveness of the inclusion of manual therapy techniques
in the reduction of pain and the increase in function

Abstract

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The Question: Do adults diagnosed with shoulder impingement have less pain and improved independence in self care with the inclusion of manual therapy in a supervised therapy program in comparison to a supervised therapy program without the use of manual therapy techniques? **Methods:** Studies were gathered via electronic databases using combinations of the key words: shoulder impingement, physical therapy and manual therapy. Five articles were selected for inclusion. **Major Findings:** Significantly higher scores for self care function and lower pain scores were reported with the inclusion of manual therapy in comparison to a supervised therapy program without manual therapy. Range of motion and strength were not consistently improved in either group.

Implications for practice/policy: Best evidence supports the inclusion of manual therapy techniques in the treatment of patients diagnosed with shoulder impingement. Further research is needed to determine which techniques are the most effective and consistent standardized functional assessments need to be used to assess the effectiveness.