

Utilization of the McKenzie system of Mechanical Diagnosis and Treatment (MDT) for Shoulder Pain - A Retrospective Case Report



Problem

Rotator cuff tears can be present without symptoms occurring and often diagnosed only by imaging.

What does the literature say?

Patients with **shoulder derangement discharged after 3-5 visits**. (Aytona 2013)

Of 35 patients diagnosed with **shoulder derangement, 37% and 83% were discharged from care at 2 and 4 weeks**, respectively.⁴ (Abady 2017)

Traditional rehabilitation at least 12 weeks of physical therapy.⁵ (Edwards 2016)

MDT is an efficient method used to guide treatment for shoulder pain.

Results of case report

Six weeks and 19 total sessions of physical therapy progressed interventions with an **emphasis on IR directional preference**, left shoulder strengthening, passive and active assisted ROM, and functional activities.

→ Met almost all objective and short term and long-term goals.

→ QuickDASH and NPRS demonstrated clinically significant change

Alicia Carpenter

B.S. Biology, Governors State University, 2017

Doctorate of Physical Therapy

Governors State University

