

# INJURY OF THE SUPRASPINATUS TENDON: MANAGEMENT OF 82 CASES

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## INTRODUCTION

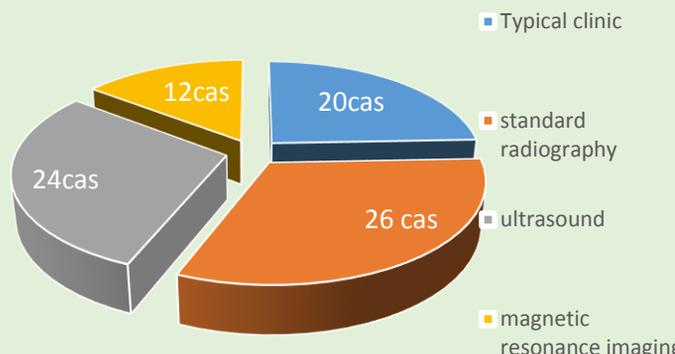
The supraspinous muscle helps the abduction of the arm and belongs to the "rotator cuff" so the tendons stabilize the humeral head inside the joint capsule. This muscle passes between the acromion and the humeral head. The sub-acromial bursa reduces the friction between the tendon and the acromion. But if this space is reduced, it rubs against the acromion and can cause inflammation and degeneration of this tendon.

## OBJECTIVE, MATERIALS AND METHODS

To observe in real time the management of patients with painful shoulder syndrome. This is a retrospective study of 82 cases of supraspinatus tendon injury. We included in this study adult patients of both sexes presenting with shoulder pain. The variables studied: age, sex, activity, medical imaging.

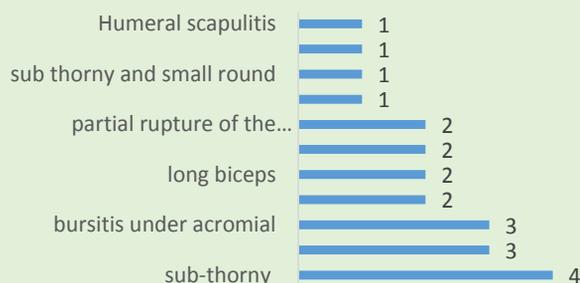
## RESULTS

We recorded 82 cases of supraspinatus lesions: 44 men for 38 women. The average age 50 years (22 to 69 years). Non-trauma injuries: 56 cases with an average age of 53 years. Injuries resulting from trauma: 26 cases with an average age of 43 years. Right shoulder: 50cas, Left shoulder: 32cas.

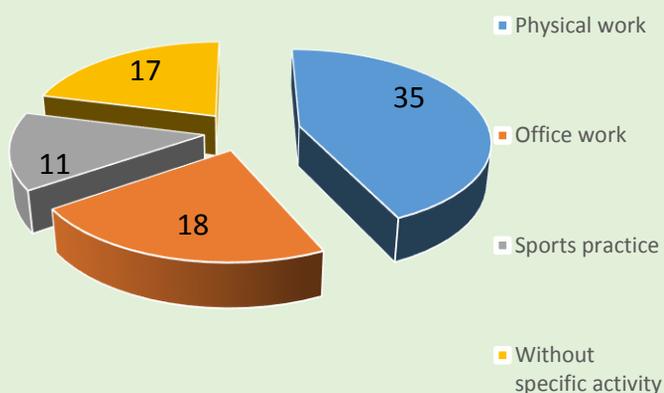


**Figure-2: Positive diagnosis**

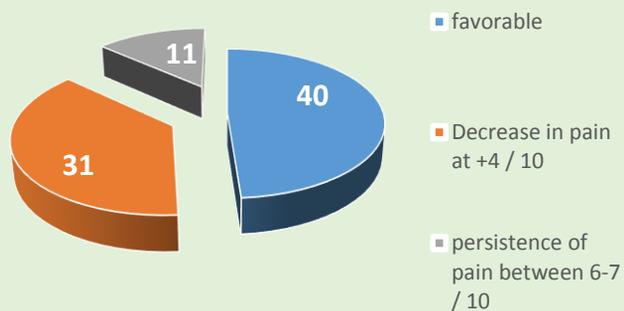
Isolated involvement of the supraspinatus tendon in 60 cases and associated with other lesions in 22 cases



**Fig -3: Injury of the supraspinatus tendon associated with other lesions**



**Figure-1: Professional activity exercised**



**Fig-4: Evaluation of pain by the visual analog scale**

Concordance between the injured side and the dominant arm: right-handed 48cas, left-handed 20cas. Discordance between injured and dominant side: 14cas all consecutive to a history of trauma to the injured shoulder.

## CONCLUSION

The management of supraspinous tendonitis aims to relieve pain and restore function. It requires the simultaneous use of conventional therapeutics. The tendency to chronicity of this pathological process disappoints the patients but also the doctors. The results of our study illustrate the complexity of their care and the uncertainty of their future.