



## Paradigm of Evidence Based Interventions for Non-Capsular Pattern of Shoulder Pain

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### ABSTRACT

The incidence of musculoskeletal disorders increase significantly and it impacts people life-course across the world whereas shoulder pain has been estimated as third most common musculoskeletal complaint in primary care clinical context. Shoulder pain develops negative impacts on both personal and global healthcare delivery system due to affecting individual quality of life and socio-economic impact due to functional impairments in the long term. The resultant cost and work absence associated with shoulder pain are a social concern. One of the main causes of shoulder pain is alternated scapular anatomical position due to rotator cuff dysfunction and postural abnormality of thoracic kyphosis and/or cervical lordosis change the normal resting position of the scapula as a result of excessive protraction and acromial depression. However, the most collective origin is the muscle imbalance between the shoulder girdle agonist and antagonist's muscles cause to varying the anatomical position and coordination of scapular movements timing due to muscular inhibition and glenohumeral proprioception. A condition is called 'Scapular dyskinesis' due to changes of the normal static or dynamic position of the scapula and alteration of coupled scapulohumeral movements though scapular dyskinesis is not necessarily a pathological term though it is founded that scapular dyskinesia contributes more often in symptomatic shoulder pain and has been shown to be a predictive factor in developing other associated problems such as shoulder impingement and adhesive capsulitis.

Therefore, it is essential to identify the alterations of complex shoulder anatomy and biomechanics because of its pathomechanics and clinical characteristics of shoulder pain. This helps to develop evidence-based interventions into the scope of physical therapist practice to achieve successful outcomes among non-capsular pattern of shoulder pain.

### BIOGRAPHY

I completed B.Sc(Hons) in Physiotherapy from University of Colombo in 2014 and worked in various clinical setting over 5 years then have been awarded an scholarship to complete MSc (Neuromusculoskeletal Physiotherapy) at the University of Nottingham in 2020. Since, I took split role in between clinical practice and research till 2023 in Sri Lanka. At present, I am practicing Physiotherapist in New Zealand. I am very keen and passionate on MSK clinical practice and its research.

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