

Fascial Distortion Model (FDM) - An Effective Method for the Treatment of Shoulder Pain

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BACKGROUND: First line therapy for the treatment of shoulder complaints are physiotherapy, steroid injection and NSAIDs. However, there is little evidence to support these treatments [6;8]. Additional Manipulative therapy (MT) showed beneficial effects [5;7]. The *Fascial Distortion Model* includes manipulative treatment and showed good clinical results for the treatment of shoulder disorders. Therefore, we tested the efficacy in a randomized clinical trial.

METHODS: 59 patients were randomized and divided into 2 groups. One group (n=29) was treated with "classic" manipulative therapy – the other group (n=30) was treated with FDM manipulative techniques. The FDM diagnosis system mostly consists of the so called *body language (BL)*. For this purpose the physician interprets the different gestures and the verbally described pain to diagnose the fascial distortion (see Figure 1). All Patients received 4 interventions of manual therapy or FDM-Treatment within 2 weeks. Abduction (digital Photo – ROM measurement), functional handicap (Constant-Murley Score & DASH-Score), pain (VAS) and strength (Biodex System 3) were measured. There were 2 recalls (2 weeks and 6 weeks) post-treatment to see the effects of the treatments without therapy.

RESULTS: The MT-group showed significant differences in almost all parameters that were measured ($p < 0.05$). That is comparable to the outcomes of other researchers [5]. However, the FDM-Group showed positive significant differences to the MT-group.



Fig. 1: Triggerband - BL

CONCLUSIONS: The FDM-System comprises an innovative and practicable diagnosis and treatment system. The outcome of this is a manipulative therapy which seems to be more effective than "classic" manual therapy for shoulder disorders.

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