

## Références bibliographiques GT épaule : Post-op coiffe des rotateurs

---

### **Objectifs et Phases**

- (1) Kokmeyer, D., Dube, E., & Millett, P. J. (2016). Prognosis Driven Rehabilitation After Rotator Cuff Repair Surgery. *The open orthopaedics journal*, 10, 339–348.  
<https://doi.org/10.2174/1874325001610010339>
- (2) Thigpen, C. A., Shaffer, M. A., Gaunt, B. W., Leggin, B. G., Williams, G. R., & Wilcox, R. B., 3rd (2016). The American Society of Shoulder and Elbow Therapists' consensus statement on rehabilitation following arthroscopic rotator cuff repair. *Journal of shoulder and elbow surgery*, 25(4), 521–535.  
<https://doi.org/10.1016/j.jse.2015.12.018>
- (3) Cook, J. L., & Purdam, C. R. (2009). Is tendon pathology a continuum? A pathology model to explain the clinical presentation of load-induced tendinopathy. *British journal of sports medicine*, 43(6), 409–416.  
<https://doi.org/10.1136/bjism.2008.051193>
- (4) Lewis J. S. (2010). Rotator cuff tendinopathy: a model for the continuum of pathology and related management. *British journal of sports medicine*, 44(13), 918–923.  
<https://doi.org/10.1136/bjism.2008.054817>
- (5) Littlewood, C., Bateman, M., Connor, C., Gibson, J., Horsley, I.G., Jaggi, A., Jones, V., Meakins, A., & Scott, M. (2019). Physiotherapists' recommendations for examination and treatment of rotator cuff related shoulder pain: A consensus exercise. *Physiotherapy Practice and Research*.
- (6) Gerber, C., Schneeberger, A. G., Perren, S. M., & Nyffeler, R. W. (1999). Experimental rotator cuff repair. A preliminary study. *The Journal of bone and joint surgery. American volume*, 81(9), 1281–1290.  
<https://doi.org/10.2106/00004623-199909000-00009>
- (17) Mazuquin, B. F., Wright, A. C., Russell, S., Monga, P., Selfe, J., & Richards, J. (2018). Effectiveness of early compared with conservative rehabilitation for patients having rotator cuff repair surgery: an overview of systematic reviews. *British journal of sports medicine*, 52(2), 111–121.  
<https://doi.org/10.1136/bjsports-2016-095963>

(18) Chang, K. V., Hung, C. Y., Han, D. S., Chen, W. S., Wang, T. G., & Chien, K. L. (2015). Early Versus Delayed Passive Range of Motion Exercise for Arthroscopic Rotator Cuff Repair: A Meta-analysis of Randomized Controlled Trials. *The American journal of sports medicine*, 43(5), 1265–1273.

<https://doi.org/10.1177/0363546514544698>

(19) Denard, P. J., Lädermann, A., & Burkhart, S. S. (2011). Prevention and management of stiffness after arthroscopic rotator cuff repair: systematic review and implications for rotator cuff healing. *Arthroscopy : the journal of arthroscopic & related surgery : official publication of the Arthroscopy Association of North America and the International Arthroscopy Association*, 27(6), 842–848.

<https://doi.org/10.1016/j.arthro.2011.01.013>

### **Hygiène de vie et éducation**

(7) Chester, R., Jerosch-Herold, C., Lewis, J., & Shepstone, L. (2018). Psychological factors are associated with the outcome of physiotherapy for people with shoulder pain: a multi-centre longitudinal cohort study. *British journal of sports medicine*, 52(4), 269–275.

<https://doi.org/10.1136/bjsports-2016-096084>

(8) Cucchi, D., Marmotti, A., De Giorgi, S., Costa, A., D'Apolito, R., Conca, M., Russo, A., Saccomanno, M. F., de Girolamo, L., & SIGASCOT Research Committee (2017). Risk Factors for Shoulder Stiffness: Current Concepts. *Joints*, 5(4), 217–223.

<https://doi.org/10.1055/s-0037-1608951>

(9) Leong, H. T., Fu, S. C., He, X., Oh, J. H., Yamamoto, N., & Hang, S. (2019). Risk factors for rotator cuff tendinopathy: A systematic review and meta-analysis. *Journal of rehabilitation medicine*, 51(9), 627–637.

<https://doi.org/10.2340/16501977-2598>

(10) Chester, R., Jerosch-Herold, C., Lewis, J., & Shepstone, L. (2018). Psychological factors are associated with the outcome of physiotherapy for people with shoulder pain: a multi-centre longitudinal cohort study. *British journal of sports medicine*, 52(4), 269–275.

<https://doi.org/10.1136/bjsports-2016-096084>

### **Exercices**

(11) Edwards, P. K., Ebert, J. R., Littlewood, C., Ackland, T., & Wang, A. (2017). A Systematic Review of Electromyography Studies in Normal Shoulders to Inform Postoperative Rehabilitation Following Rotator Cuff Repair. *The Journal of orthopaedic and sports physical therapy*, 47(12), 931–944.

<https://doi.org/10.2519/jospt.2017.7271>

(12) <https://www.shoulderdoc.co.uk/documents/Shoulder-Rehab-Book-v4-book.pdf>

(13) Salles, J. I., Velasques, B., Cossich, V., Nicoliche, E., Ribeiro, P., Amaral, M. V., & Motta, G. (2015). Strength training and shoulder proprioception. *Journal of athletic training*, 50(3), 277–280.

<https://doi.org/10.4085/1062-6050-49.3.84>

(14) Richardson, E., Lewis, J. S., Gibson, J., Morgan, C., Halaki, M., Ginn, K., & Yeowell, G. (2020). Role of the kinetic chain in shoulder rehabilitation: does incorporating the trunk and lower limb into shoulder exercise regimes influence shoulder muscle recruitment patterns? Systematic review of electromyography studies. *BMJ open sport & exercise medicine*, 6(1), e000683.

<https://doi.org/10.1136/bmjsem-2019-000683>

(15) Yamauchi, T., Hasegawa, S., Matsumura, A., Nakamura, M., Ibuki, S., & Ichihashi, N. (2015). The effect of trunk rotation during shoulder exercises on the activity of the scapular muscle and scapular kinematics. *Journal of shoulder and elbow surgery*, 24(6), 955–964.

<https://doi.org/10.1016/j.jse.2014.10.010>

(16) Kibler, W. B., McMullen, J., & Uhl, T. (2001). Shoulder rehabilitation strategies, guidelines, and practice. *The Orthopedic clinics of North America*, 32(3), 527–538.

[https://doi.org/10.1016/s0030-5898\(05\)70222-4](https://doi.org/10.1016/s0030-5898(05)70222-4)

(20) Alizadehkhayat, O., Fisher, A. C., Kemp, G. J., Vishwanathan, K., & Frostick, S. P. (2011). Shoulder muscle activation and fatigue during a controlled forceful hand grip task. *Journal of electromyography and kinesiology : official journal of the International Society of Electrophysiological Kinesiology*, 21(3), 478–482.

<https://doi.org/10.1016/j.jelekin.2011.03.002>

(21) Sporrang, H., Palmerud, G., & Herberts, P. (1995). Influences of handgrip on shoulder muscle activity. *European journal of applied physiology and occupational physiology*, 71(6), 485–492.

<https://doi.org/10.1007/BF00238549>

(22) Koo, S. S., Parsley, B. K., Burkhart, S. S., & Schoolfield, J. D. (2011). Reduction of postoperative stiffness after arthroscopic rotator cuff repair: results of a customized physical therapy regimen based on risk factors for stiffness. *Arthroscopy : the journal of arthroscopic & related surgery : official publication of the Arthroscopy Association of North America and the International Arthroscopy Association*, 27(2), 155–160.

<https://doi.org/10.1016/j.arthro.2010.07.007>

(23) Lehman G. J. (2018). The Role and Value of Symptom-Modification Approaches in Musculoskeletal Practice. *The Journal of orthopaedic and sports physical therapy*, 48(6), 430–435.

<https://doi.org/10.2519/jospt.2018.0608>

(24) Meakins, A., May, S., & Littlewood, C. (2018). Reliability of the Shoulder Symptom Modification Procedure and association of within-session and between-session changes with functional outcomes. *BMJ open sport & exercise medicine*, 4(1), e000342.  
<https://doi.org/10.1136/bmjsem-2018-000342>

(25) Lewis, J. S., McCreesh, K., Barratt, E., Hegedus, E. J., & Sim, J. (2016). Inter-rater reliability of the Shoulder Symptom Modification Procedure in people with shoulder pain. *BMJ open sport & exercise medicine*, 2(1), e000181.  
<https://doi.org/10.1136/bmjsem-2016-000181>

### **Outils d'évaluations**

(26) Buchbinder, R., Ramiro, S., Huang, H., Gagnier, J. J., Jia, Y., & Whittle, S. L. (2020). Measures of Adult Shoulder Function. *Arthritis care & research*, 72 Suppl 10, 250–293.  
<https://doi.org/10.1002/acr.24230>