



# Clinical Weekly - 131<sup>st</sup> Edition

## #JOURNALTUESDAY - by Abi Peck

### **Rotator cuff tendinopathy/subacromial impingement syndrome: is it time for a new method of assessment? (Lewis, 2008)**

[Download here](#)

#### 1. What is the symptom modification procedure?

##### a. How it works?

Firstly you identify aggravating activity, and then you use techniques that reduce symptoms by either decreasing pain or increasing movement.

##### b. What are the four principle procedures?

Humeral head translation

Changing scapula position

Cervical/thoracic region

Thoracic kyphosis

##### c. How would you address these principles?

Humeral head translation – by muscle contraction, facilitation manually or with belts

Changing scapula position – muscle contraction, facilitation or taping

Cervical/thoracic region – cx/tx AROM, soft tissue, mobilisations, manual therapy

Thoracic kyphosis – Facilitation, taping, exercises

#### 2. Why are the clinical tests for the shoulder considered as provocation tests?

Lack of specificity for the objective tests of the shoulder. Most clinical tests are highly sensitive in re-producing pain but not very diagnostic in identifying structural origin of pain.

#### 3. Is the SSMP considered to be clinically significant?

No, lack of evidence to support clinical significance of model, but lots of theory which proposes effectiveness.

#### 4. What are your views as clinicians on using the SSMP procedure?

Open question.

## #CLINICALSKILLSFRIDAY - by Jess Miller

### **Cervical radiculopathy clinical prediction rule**

This is a test item cluster which is used to determine the likelihood of cervical radiculopathy.

The following four criteria are used:

- Positive upper limb tension test A
- Ipsilateral side cervical spine rotation <60°
- Positive distraction test
- Positive Spurling's test

The upper limb tension test can be considered positive if either:

- symptoms are reproduced
- there is a side to side difference of >10° elbow extension
- ipsilateral neck side flexion decreases symptoms or

The distraction and Spurling's tests are considered positive if symptoms are reduced.





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Diagnostic values of results:

Number of positive criteria	Sensitivity	Specificity
2	0.39	0.56
3	0.39	0.94
4	0.24	0.99

*Wainner et al (2003)*

For the next **#CLINICALSKILLSFRIDAY**- Finger jerk reflex (C8)

Any pictures, suggestions or comments to [jessica.z.miller@ahpsuffolk-cic.nhs.uk](mailto:jessica.z.miller@ahpsuffolk-cic.nhs.uk)

## #NEWSOFTHEWEEK - by Carla Lightowler

### 1. People's belief on the meaning of crepitus in patella femoral pain and the impact of these beliefs on their behaviour:

A qualitative study using semi structured interviews to determine a link between crepitus in PFP and its meaning to patients. Study concluded that:

Many associate the noise as a symbol of ageing and form negative emotional beliefs surrounding this.

The influence of others on how patients view crepitus. Poor beliefs generally from family/friends.

The above poor beliefs leading to fear avoidance behaviours and developing altered patterns of movement.

Link: <http://www.sciencedirect.com/science/article/pii/S2468781217300309>



### 2. Impact of total knee replacement practice: cost effectiveness analysis of data from the osteoarthritis initiative:

The study aimed to evaluate the impact of TKR on quality of life in people with knee OA and to estimate differences in lifetime cost and quality adjusted life years. The study followed 4498 participants who had OA or were at high risk of knee OA with no previous history of TKR. Study concluded that TKR showed minimal effects on quality of life however suggested that the study covered differing levels of OA and if restricted to more severely affected patients the effectiveness of TKR on quality of life may rise.

See link: <http://www.bmj.com/content/356/bmj.j1131>

### 3. Interesting blog by Daniel Major into management of chronic shoulder pain:

Highlighting questions such as 'if physiotherapy does not work, does surgery work' and 'which modifiable factors are associated with a positive outcome'.

See link: <http://www.bevegdegmer.no/2017/03/22/276/>

**#Tweetoftheweek:** See link below...how can we help?

<http://www.bbc.co.uk/news/health-39457993>

 **Ben Cormack** @CorKinetic Apr 3  
Most people know they SHOULD be active, WHY aren't they? HOW can we get them to be?

**Paul Muir** @pmuir  
BBC News - More than 20 million Britons 'physically inactive'  
[bbc.co.uk/news/health-39...](http://bbc.co.uk/news/health-39...)





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## #MEDOFTHEWEEK - by Sam Ackerley

### Vitamin B6 (pyridoxal, pyridoxine, pyridoxamine)

Vitamin B6 is part of the vitamin B group of essential nutrients; It's active form is pyridoxal 5'-phosphate (PLP). The liver is the site for vitamin B6 metabolism.

#### Function

- PLP serves as a coenzyme in some 100 enzyme reactions in amino acid, glucose, and lipid metabolism.
- Aids in the synthesis of haemoglobin, by serving as a coenzyme furthermore it binds to 2 sites on haemoglobin to enhance the oxygen binding.
- PLP is a cofactor in the biosynthesis of five important neurotransmitters: serotonin, dopamine, epinephrine, norepinephrine, and gamma-aminobutyric acid (GABA).
- PLP is also required for histamine synthesis and gene expression.

#### Top 10 sources (Per 100 grams)

1. Sunflower Seeds - 1.35mg
2. Pistachio Nuts - 1.12mg
3. Fish (Tuna, Cooked) - 1.04mg
4. Turkey & Chicken (Turkey, Light Meat, Cooked) - 0.81mg
5. Lean Pork (Sirloin, Cooked) - 0.79mg
6. Dried Prunes - 0.75mg
7. Lean Beef (Rib, Cooked) - 0.68mg
8. Bananas - 0.37mg
9. Avocados - 0.29mg
10. Spinach (Cooked) - 0.24mg



#### Deficiency

The elderly and alcoholics have an increased risk of vitamin B6 deficiency, as well as other micronutrient deficiencies.

Deficiency of vitamin B6 alone is relatively uncommon and signs and symptoms in less severe cases are not specific but may include some of the following symptoms:

- *Seborrhoeic dermatitis* (chronic, relapsing and usually mild dermatitis)
- *Atrophic glossitis* (red/ sore tongue, with inflammation with depapillation (Loss of cells))
- *Angular cheilitis* (inflammation in the corners of the mouth)
- *Conjunctivitis* (inflammation of the white part of the eye and the inner surface of the eyelid)
- *Intertrigo* (inflammation/rash of the body folds)
- Neurologic symptoms:
- Somnolence (sleepiness/drowsiness)
- Confusion
- Neuropathy

#### Resources:

[https://en.wikipedia.org/wiki/Vitamin\\_B6](https://en.wikipedia.org/wiki/Vitamin_B6)

<https://www.healthaliciousness.com/articles/foods-high-in-vitamin-B6.php>

#### Images:

[Brain] <https://le hacker.com/wp-content/uploads/2016/04/brain-barrier.jpg>

[Nuts] [http://2.bp.blogspot.com/-2H1z4\\_wbEik/T-PINW9pndI/AAAAAAAAAFE/AqEwrjaOwao/s1600/pistachio-nut-pic.jpg](http://2.bp.blogspot.com/-2H1z4_wbEik/T-PINW9pndI/AAAAAAAAAFE/AqEwrjaOwao/s1600/pistachio-nut-pic.jpg)

