Application of the Constant-Murley Scale (CMS) and the Use of Kinesiotherapy as Treatment in Patients with Painful Shoulder Syndrome in Two Hospitals in La Vega, Dominican Republic

Arison Abel Ortiz Perez

INTRODUCTION:

Shoulder pain related consults are more than 8% of all visits. From that 70% of patient's shoulder pain is caused by rotator cuff injury, which has a significant social impact, leading to work-related disabilities, financial losses for families, and decreased workplace productivity.

This condition also generates substantial costs for the healthcare system.

METHODS:

Field study, observational, non-experimental, and prospective. Conducted at Dr. Luis M. Morillo King Regional University Hospital and Professor Juan Bosch Regional Trauma and Surgical Hospital.

The Constant-Murley score (CMS) is a widely used assessment tool for evaluating shoulder function. It measures pain, activities of daily living (ADLs), range of motion (ROM), and strength, providing a comprehensive picture of shoulder performance.

RESULTS:

We had a sample of 65 patients diagnosed with painful shoulder who completed their physical therapy program and were referred back to the orthopedic clinic.

Upon completion of their physical therapy regime, 55.4% (n=26) of the patients had a Constant-Murley Scale score between 81–100 , and over 50% had a positive output about the results from this treatment option. Pendular and Strength exercises being the ones reported to be more effective.

DISCUSSION AND CONCLUSION:

We recommend the standardized implementation of the Constant-Murley Scale as a pre-evaluation and diagnostic tool in cases of painful shoulder pathology. We also recommend regulating the use of kinesiotherapy by the healthcare team.

It is important to educate the staff to understand the significance of the scale and the exercises, as this will contribute to the advancement of the center and, more importantly, benefit the patients. We have found that when properly applied, they can be of great help and lead to significant improvement.