



Inactive individuals with chronic neck pain have changes in range of motion and functional performance of the shoulder

SCIENCE

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Key Take-Away:

Neck pain inflicts a significant socioeconomic and personal burden as it affects the functional ability and range of motion of the affected person. The following study highlights that greater the intensity of neck pain lesser is the functional ability and lateral rotation range of motion of the shoulder.

Introduction

The study intended to assess the association between the functional performance of the shoulder with pain measures and range of movement as well as the comparisons among the inactive subjects with and without neck pain.

Methods

The analysis involved two classes of sedentary adults; healthy and chronic neck pain subjects. No clinical dysfunction in the shoulder joint was observed. The Catastrophic Thoughts about Pain Scale, Numerical Rating Scale, and Neck Disability Index were used to assess perspectives related to neck pain. The Closed Kinetic Chain Upper Extremity Stability (CKCUES) test and goniometry were used to measure shoulder functionality and range of motion, respectively.

Results

People with neck pain displayed a decrease in the lateral rotation range of motion and CKCUES test. The relationship of pain intensity at rest and during active cervical movements, as well as catastrophizing with CKCUES test was significant, weak and negative. Further, The connections of catastrophizing, as well as pain intensity both at rest and during active movements with the lateral rotation range of motion also weak, significant and negative.

Conclusion

The higher the neck pain severity and catastrophizing, the weaker the functionality and lateral rotation range of motion of the shoulder.

Source:	Physiother Res Int
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