Serial follow-up of shoulder impingement syndrome by arthroscopic subacromial decompression

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To analyze the improvement of the patient self-evaluation of shoulder function and the range of motion we performed a prospective study of 21 patients who had arthroscopic subacromial decompression and followed-up serially for shoulder impingement syndrome and partial rotator cuff tear among 45 patients in the Dankook university hospital. We used two-sample unequal variance student t-test for comparison with the initial findings. All patients were assessed preoperatively and at 6 weeks, 3, 6, 9, and 12 months using the standardised method of research committee of American shoulder & elbow sergeons.*
The dominant arm was affected in 16 patients. 19 patients were satisfied at 12 months later after operations.

1. Improvement of the pain was valuable at 6 weeks statistically($p<0.05$).
2. Improvement of the total score of patient self-evaluation, put-on a-coat and manage-toiletting were valuable at 3 months statistically($p<0.05$).
3. Improvement of the sleep-on-your-painful-side, wash-back, comb-hair, reach-a-shelf and lift-10lbs.-above-shoulder were valuable at 6 months statistically($p<0.05$).
4. Improvement of the throw-a-ball-overhead were valuable at 9 months statistically($p<0.05$).
5. Improvement of the range of motion were not noticeable except internal rotation was which was improved from T11 to T8.

The arthroscopic subacromial decomprssion is an effective method of treatment, but patients shoud be warned that recovery from surgery may be prolonged in spite of early improvement of pain.

* Research committee, american shoulder and elbow surgeons: Richard RR, An K, Bigliani LU, Friedman RJ, Gartsman GM,

Gristina AG, Iannotti JP, Mow VC, Sidles JA and Zuckerman JD: A standardized method for the assessment of shoulder function. J Shoulder Elbow Surg, 3-6:347-352, 1994.