Pinpointing the Problem

A study examining the effects of IMS on secondary shoulder impingement
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INTRODUCTION
Shoulder impingements are the third most common musculoskeletal condition presented to healthcare professionals. Shoulder impingement negatively affects quality of life, results in substantial disability, and impairs physical function (Shirley, 2018). Intramuscular stimulation (IMS) is a treatment modality practiced by healthcare professionals, yet research on this treatment is lacking. The purpose of this study was to examine the effects of IMS on shoulder range-of-motion with a shoulder impingement patient.

METHODS
Recruited a participant (N=1) from a local physiotherapy clinic
Performed pre- and post- tests of shoulder ranges-of-motion
Participant received IMS treatment from their physiotherapist

RESULTS
The participant showed a 10° improvement in flexion
The participant showed a 5° improvement in abduction
The participant showed a 2cm improvement in external rotation

DISCUSSION
The results are promising, however future research needs to be conducted to strengthen the evidence

THE PHYSIOLOGY BEHIND IMS
The needle is inserted into a trigger point
A LTR is elicited
Motor endplate activity and acetylcholine levels are reduced
Therapeutic benefits occur

NEXT STEPS
Use this experience to help me apply for physiotherapy schools
Receive my IMS certification once I am a physiotherapist

SECONDARY SHOULDER IMPINGEMENT
Characterized by tissue entrapment caused by a shift in the humeral head