

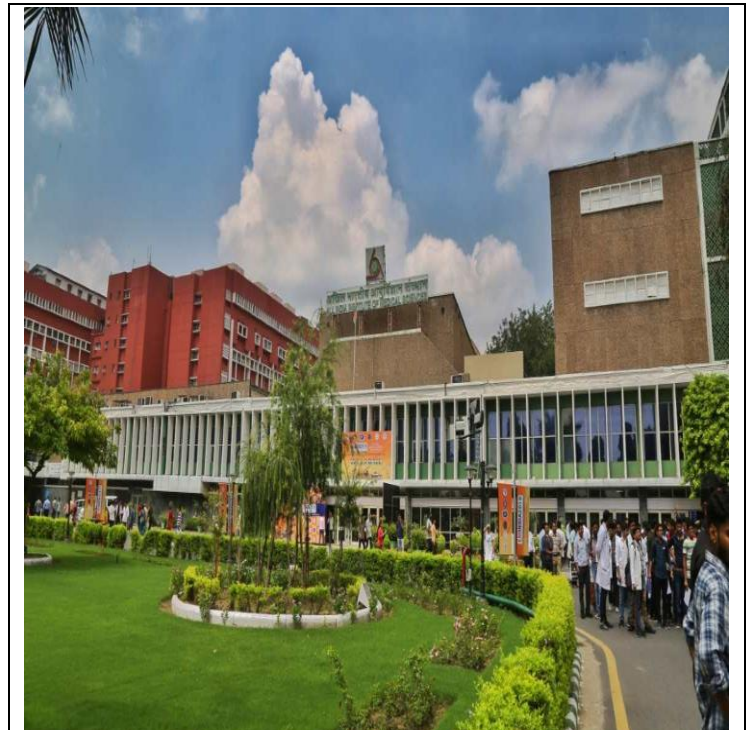


Effect of transcutaneous Electrical Nerve Stimulation therapy on Pain and Functional Disability Level Among patients With rotator cuff Disease –A Randomized controlled Trail

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Abstract:Shoulder pain is one of the leading causes of musculoskeletal pain and disability with rotator cuff disease was a common condition. The study aimed to access the effect of TENS therapy on pain and functional disability level with rotator cuff disease patients . **Methods:** A parallel –group randomized controlled with 1:1 allocation ,open-label ,the trial is done at orthopaedics and Physical Medicine and Rehabilitation Outpatient departments ,AIIMS ,Rishikesh,Uttarakhand,India. After applying inclusion and exculsion criteria total of 76 patients (42,males ,34females) of rotator cuff disease were selected through total enumerative sampling ,and block randomization with a block size of two is used to allocate treatments. The intervention waa TENS therapy (high frequency (100Hz)20 minutes for consecutive five days plus standard treatments. (Shoulder ROM ,twice a day)as folowed at AIIMS ,Rushikesh to control group and followed after comlletion of the treatment session . (After fivs days).SPADI scale is used for pain and functional disability level measurement. **RESULTS:** A total of 70 patients (38males and 32 females) were analyzed . The experimental and control group were homogenous in terms of total SPADI ,disability and pain score ($P>0.05$) . Median post-intervention total SPADI ,disability and pain scores of the intervention group were significantly less as compared to the control group were significantly less as compared to the control group ($p=0.000$) . No side-effects of treatment in any group.



Biography: Dr Purnima Sharma, PT., Speaks about the recently concluded Manual Therapy, channi himat jammu (India)

Publications:1. A Flag-Shaped Microstrip Patch Antenna for Multiband Operation.
2.Path Loss Calculation at 900 MHz and 2.4 GHz in WBAN.
3.A Wide Band Meander Line Antenna for RF Energy Harvesting
4.Bit Error Rate Analysis of Pre-Coding Techniques in Different MIMO Systems
5.Optimization of propagation path loss model in 4G wireless communication systems.

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