
어깨의 안쪽돌림과 가쪽돌림

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Medial Rotation and Lateral Rotation in Shoulders

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요 약

먼저 어깨의 안쪽돌림과 가쪽돌림은 몸통에 어깨가 일직선이 되도록 하고 손을 들어서 팔꿈치는 몸통과 수평이 되도록 하며, 이때 손이 안쪽이나 바깥쪽으로 향하도록 움직이는 것을 말한다. 어깨의 안쪽돌림과 가쪽돌림을 측정하여 측정각이 부족하거나 통증을 유발할 시 그에 따른 치료법을 알아보도록 한다.

ABSTRACT

Firstly, medial rotation and lateral rotation is when moving a hand inward and outward, while raising a hand with the elbow parallelizing to body, while the shoulder aligning with the body. We would like to identify treatments when either medial rotation or lateral rotation causes pain, or when the rotation lacks of measurement angle, when measured.

키워드

어깨(Shoulder), 안쪽돌림(Medial Rotation), 가쪽돌림(꺾(Lateral Rotation), 통증(Pain)

I. 서 론

It is well known by mass media that 1 out of 10 of adults suffers from shoulder pain (omodynia) recently or presently. Also, two third of population suffer shoulder pain at least once in their lifetimes. It is expected that the damage of shoulder joint and pain of shoulder would be increased by activities of modern society - increase of office work that requires shoulder and hand movement in seat, generalization of electronic devices such as smartphones, increase of traffic accidents, activation of leisure sports, aging, and deferred retirement age [1].

II. 어깨의 안쪽돌림과 가쪽돌림 및 치료

Firstly, for medial rotation of shoulder, let shoulder aligns with body. Raise the hand to parallelize the elbow to the body. In this state, move the hand facing inward. Move from elbows to the tip of fingers without rotating the wrist. Measure the angle of movement. It is the value applicable to α in Fig. 1.

If the measurement indicates between 70 to 80 it means normal. However, if the measurement is short of the value or the movement causes pain, it is doubtful of frozen shoulder. It also can be considered as frozen shoulder when arms are not even able to be raised.

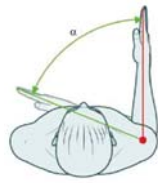


Fig. 1. Medial Rotation of Shoulder

For lateral rotation of shoulder, let the shoulder aligns with the body. Raise the hand in order to parallelize the elbow to the body. In this stage, move the hand outward. Move from elbows to the tip of fingers without rotating the wrist. Measure the angle of movement. It is the value applicable to β in Fig. 2.

If the measurement indicates between 60 to 70, it means normal. However, if the measurement is short of the value, or the movement causes pain, it is doubtful of frozen shoulder.

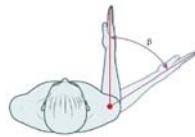


Fig. 2. Lateral Rotation of Shoulder

III. 실험

Table 1 is the result of experiment conducted on 80 adults aged 50+.

Table 1. Result of Each Experiment

Class.	Abnormal medial rotation	Abnormal lateral rotation	Pain caused
Number of examinee	6	11	7
Ratio	7.5%	13.75%	8.75%

Also, the Table 2 is the result of abnormal medial rotation and lateral rotation, and two or more at the same time, when pain is caused.

Table 2. Result of Experiment with Pain Caused (MR= medial rotation, LR= lateral rotation)

Class.	Abnormal MR caused pain	Abnormal LR caused pain	Both MR and LR abnormality caused pain
Number	5	9	4
ratio	6.25%	11.25%	5%

For the experiment in this thesis, manual measurements of the flexion and extension of the cervical spines of 50 subjects composed of general public in their 50's were taken. Then, manual therapy appropriate for the results of the manual measurement taken was executed once a week over a period of a month. Table 1 below illustrates the results of the experiment.

IV. 결론

This paper has identified the medial rotation and lateral rotation among shoulder-related diseases, of all musculoskeletal diseases. This paper has identified the diagnosis of frozen shoulder, when measured medial rotation and lateral rotation is lack of measurement angle or cause pain, as well as its treatment.

Acknowledgement

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참고문헌

[1] Jae-Eun Lee, Min-Seok Oh, "The Retrospective Review of 410 Shoulder Pain Inpatients in Korean Medicine Hospital," Journal of Korean Medicine Rehabilitation Vol. 25 No. 2, pp.155-173, Apr. 2015