

■ **Intitulé de la formation** : « L'Épaule & vous ! De la science au cabinet »

■ **Ojectifs de la formation** :

- Intégrer dans sa pratique les données actuelles de la science concernant la rééducation de l'épaule.
- Intégrer les notions de bases d'anatomie, physiopathologie et biomécanique.
- Intégrer dans sa pratique la gestion de la quantification de la charge.
- Réaliser un bilan de l'épaule.
- Intégrer les diagnostics différentiels de l'épaule « douloureuse ».
- Réaliser un programme de rééducation adapté à la problématique du patient.
- Gérer les échecs thérapeutiques.

■ **Public** : Masseurs-kinésithérapeutes D.E. **Pré-requis**: Aucun

■ **Moyens techniques et pédagogiques** :

- 3 formateurs en activité qui pratiquent quotidiennement la rééducation des pathologies d'épaules.
- Mise à disposition de matériels de rééducation dans un cabinet.
- Salle de cours équipée de projecteurs.
- Support de cours.

■ **Durée** : 3 jours (23h)

■ **Coût de la formation 740€** hors frais de repas de 50 euros

A travers ce document, le formateur s'engage à appliquer la pédagogie de l'organisme de formation. Le déroulé pédagogique apporte toutes les informations nécessaires au formateur et lui facilite l'animation.

JOUR 1					
Heure et Durée	Objectif(s) pédagogique(s)	Notions abordées	Activités	Moyen d'évaluation/ Formateur(s)	Support(s) / outil(s) pédagogique(s)
8h45	<ul style="list-style-type: none"> • Accueil des stagiaires 			<i>Boissier</i>	
9h00-9h45 (45')	<ul style="list-style-type: none"> • Présentation du déroulé de la formation (objectifs, programme) • Présentation du contexte de la formation • Questionnaire connaissance 	<ul style="list-style-type: none"> • Prise de contact, brise-glace • Objectifs de la formation • Objectifs spécifiques du module de formation • Planning • Règles en formation • Contexte de la formation 	<ul style="list-style-type: none"> • Tour de table : 3 questions obligatoires : <ul style="list-style-type: none"> - Présentation personnelle (Qui ? Je suis...) - Attentes (les attentes de chacun par rapport à la formation) - Etat des lieux de la pratique 	<ul style="list-style-type: none"> • Test pré-formation <i>Boissier</i>	<ul style="list-style-type: none"> • Présentation Power Point • Paper board
9h45-10h30 (45')	<ul style="list-style-type: none"> • 3 sprint learning (45') : <ul style="list-style-type: none"> - Anatomie - Biomécanique - Introduction au bilan 	<ul style="list-style-type: none"> • Revoir les notions de bases en anatomie et biomécanique, et présenter les éléments clefs pour évaluer le patient (triage, drapeaux rouge, jaune, clinimétrie, etc) 	<ul style="list-style-type: none"> • Le groupe est scindé en 3. Un formateur par groupe qui expose les données liées au thème 	<ul style="list-style-type: none"> • Test post sprint learning <i>Boissier/Lebeau/Descamps</i>	<ul style="list-style-type: none"> • Présentation Power Point • Paper Board • Support papier • Table ronde
PAUSE (15')					
10h30-13h (2h30h)	<ul style="list-style-type: none"> • Reprise des sprint learning 			<i>Boissier/Lebeau/Descamps</i>	
PAUSE DEJEUNER (1h)					
14h-15h30 (1h30')	<ul style="list-style-type: none"> • Bilan de l'épaule 1/3 	<ul style="list-style-type: none"> • Apprendre les différents éléments du bilan de l'épaule douloureuse • Appréhender les tests cliniques 	<ul style="list-style-type: none"> • Les formateurs exposent les données du bilan et apprennent les différents tests cliniques du bilan de l'épaule et son diagnostic différentiel 	<ul style="list-style-type: none"> • Evaluation des pratiques par ses pairs <i>Boissier/Lebeau/Descamps</i>	<ul style="list-style-type: none"> • Présentation Power Point • Vidéos • Pratique par le formateur • Pratique entre stagiaires
15h30-16h30 (1h)	<ul style="list-style-type: none"> • La douleur d'origine sous-acromiale 	<ul style="list-style-type: none"> • Présenter l'épaule douloureuse et les éléments pertinents pour sa prise en charge en lien avec la littérature 	<ul style="list-style-type: none"> • Un formateur qui expose les données liées au thème 	<ul style="list-style-type: none"> • Test post diapos <i>Lebeau</i>	<ul style="list-style-type: none"> • Présentation Power Point
PAUSE 15'					

Déroulé pédagogique

16h15-18h (1h45')	• Bilan de l'épaule 2/3	• Appréhender les tests de modification de symptômes	• Les stagiaires réalisent entre eux les différents éléments du bilan	• Evaluation par les formateurs Lebeau	• Présentation Power Point • Paper board
----------------------	-------------------------	--	---	--	---

JOUR 2

Heure et Durée	Objectif(s) pédagogique(s)	Notions abordées	Activités	Moyen d'évaluation / Formateur(s)	Support(s) / outil(s) pédagogique(s)
8h45	• Accueil des stagiaires				
9h00-10h45 (1h45')	• Bilan de l'épaule 3/3	• Maitriser les différents éléments du bilan	• Les stagiaires réalisent entre eux les différents éléments du bilan	• Evaluation par les formateurs <i>Boissier/Lebeau /Descamps</i>	• Pratique

PAUSE (15')

11h-11h45 (45')	• La quantification de la charge	• Comprendre les enjeux de la quantification du stress mécanique dans le cadre de la rééducation	• Atelier par groupe de 3 : - Que savez-vous du QSM ? - Comment quantifiez-vous les exercices au cabinet ? - Retour sur paper board et Power Point	• Test post diapos Boissier	• Présentation Power Point • Paper Board
11h45-13h (1h15)	• Mise en situation clinique	• Réaliser un bilan	• Jeu de rôle avec un formateur qui joue le rôle d'un patient • Les stagiaires doivent réaliser ensemble un bilan et réaliser un diagnostic individuel • Comparer les résultats	• Evaluation de la pratique par les formateurs <i>Boissier/Lebeau /Descamps</i>	• Prise de note • Photos • Vidéos

PAUSE DEJEUNER(1h)

14h00-16h15 (2h15')	• 3 sprint learning (45') : • Epaule gelée • Epaule instable • Epaule neurologique	• Exposés rapides sur 3 présentations cliniques courantes de pathologies d'épaules rencontrées en cabinet.	• Le groupe est scindé en 3. Un formateur par groupe qui expose les données liées au thème	• Test post sprint learning <i>Boissier/Lebeau/Descamps</i>	• Présentation Power Point • Paper Board • Support papier • Table ronde
------------------------	---	--	--	--	--

PAUSE (15')

Déroulé pédagogique

16h30-18h (1h30')	<ul style="list-style-type: none"> • 3 sprint learning (30') : <ul style="list-style-type: none"> • Epaule opérée • Douleur • Calcification 	<ul style="list-style-type: none"> • Exposés rapides sur 2 cas particuliers de la prise en charge d'épaule. Et présentation des connaissances de bases sur la douleur et son lien avec l'épaule. 	<ul style="list-style-type: none"> • Le groupe est scindé en 3. Un formateur par groupe qui expose les données liées au thème 	<ul style="list-style-type: none"> • Test post sprint learning <p><i>Boissier/Lebeau/Descamps</i></p>	<ul style="list-style-type: none"> • Présentation Power Point • Paper Board • Support papier • Table ronde
----------------------	--	---	--	--	--

JOUR 3

Heure et Durée	Objectif(s) pédagogique(s)	Notions abordées	Activités	Moyen d'évaluation/ Formateurs	Support(s) / outil(s) pédagogique(s)
8h15	<ul style="list-style-type: none"> • Accueil des stagiaires 				
8h30-10h30 (2h)	<ul style="list-style-type: none"> • Thérapie manuelle de l'épaule et du rachis cervical • Analyse de pratiques par ses pairs 	<ul style="list-style-type: none"> • Apprendre les différentes techniques • Mise en pratique du bilan 	Par groupe de trois evaluation par ses paris sur l'ensemble du bilan clinique	<ul style="list-style-type: none"> • Evaluation par les formateurs <p><i>Descamps/Boissier</i></p>	<ul style="list-style-type: none"> • Présentation Power Point
PAUSE (15')					
10h45-11h30 (45')	<ul style="list-style-type: none"> • Communication avec le patient 	<ul style="list-style-type: none"> • Distance thérapeutique, vocabulaire, posture, reformulation, support 	<ul style="list-style-type: none"> • Un formateur expose les différents outils de communication et leur importance en rééducation 	<i>Lebeau</i>	<ul style="list-style-type: none"> • Présentation Power Point
11h30-12H45 (1h15)	<ul style="list-style-type: none"> • Intervention d'un guest 	<ul style="list-style-type: none"> • Présentation et échange avec un professionnel de santé (Chirurgien ou Medecin) 			<ul style="list-style-type: none"> • Présentation Power point • Vidéo
PAUSE DEJEUNER (1h)					
13h00-15h00 (2h)	<ul style="list-style-type: none"> • Rééducation 	<ul style="list-style-type: none"> • Principe de rééducation • Explication de la notion de QSM • Mise en place d'un traitement adapté en fonction du bilan et du patient • Amener à l'autonomisation du patient dans sa prise en charge. 	<ul style="list-style-type: none"> • Atelier pratique • Donner un programme de rééducation à chaque stagiaire 	<i>Boissier/Lebeau/Descamps</i>	<ul style="list-style-type: none"> • Présentation Power Point • Paper Board
PAUSE (15')					
15h15-16h00 (45')	<ul style="list-style-type: none"> • Rééducation - suite 			<i>Boissier/Lebeau/Descamps</i>	



Déroulé pédagogique

SEQUENCE DE FIN					
16h-16h30 (30')	<ul style="list-style-type: none">• Evaluer l'atteinte des objectifs de la formation		<ul style="list-style-type: none">• Test de validation des acquis	Test post-formation	<ul style="list-style-type: none">• Questionnaire papier
16h30-17h00 (30')	<ul style="list-style-type: none">• Conclusion		<ul style="list-style-type: none">• Tour de table• Renvoi vers le questionnaire de satisfaction	<i>Boissier</i>	<ul style="list-style-type: none">• Paper board

BIBLIOGRAPHIE LA KADEMIE L'ÉPAULE & VOUS : DE LA SCIENCE AU CABINET 2024

1. Ager AL, Borms D, Deschepper L, Dhooghe R, Dijkhuis J, Roy JS, et al. Proprioception: How is it affected by shoulder pain? A systematic review. *Journal of Hand Therapy*. oct 2020;33(4):507-16.
2. Ager AL, Roy JS, Roos M, Belley AF, Cools A, Hébert LJ. Shoulder proprioception: How is it measured and is it reliable? A systematic review. *Journal of Hand Therapy*. avr 2017;30(2):221-31.
3. Ainsworth R. Physiotherapy rehabilitation in patients with massive, irreparable rotator cuff tears. *Musculoskelet Care*. sept 2006;4(3):140-51.
4. Ainsworth R, Lewis J, Conboy V. A Prospective Randomized Placebo Controlled Clinical Trial of a Rehabilitation Programme for Patients with a Diagnosis of Massive Rotator Cuff Tears of the Shoulder. *Shoulder & Elbow*. janv 2009;1(1):55-60.
5. Akbar M, McLean M, Garcia-Melchor E, Crowe LA, McMillan P, Fazzi UG, et al. Fibroblast activation and inflammation in frozen shoulder. Mohamadi A, éditeur. *PLoS ONE*. 23 avr 2019;14(4):e0215301.
6. Akbar M, McLean M, Garcia-Melchor E, Crowe LA, McMillan P, Fazzi UG, et al. Fibroblast activation and inflammation in frozen shoulder. Mohamadi A, éditeur. *PLoS ONE*. 23 avr 2019;14(4):e0215301.
7. Albano D, Coppola A, Gitto S, Rapisarda S, Messina C, Sconfienza LM. Imaging of calcific tendinopathy around the shoulder: usual and unusual presentations and common pitfalls. *Radiol med*. avr 2021;126(4):608-19.
8. Albano D, Coppola A, Gitto S, Rapisarda S, Messina C, Sconfienza LM. Imaging of calcific tendinopathy around the shoulder: usual and unusual presentations and common pitfalls. *Radiol med*. avr 2021;126(4):608-19.
9. Albrecht DS, Ahmed SU, Kettner NW, Borra RJH, Cohen-Adad J, Deng H, et al. Neuroinflammation of the spinal cord and nerve roots in chronic radicular pain patients. *Pain*. mai 2018;159(5):968-77.
10. Alkaiissi H, Kolla S, Page C, Salam L, O. Salifu M, M. McFarlane I. Fluoroquinolone-Induced Rotator Cuff Tendinopathy: A Case Report. *AJMCR*. 18 déc 2020;9(2):122-4.
11. Anderson VB, Wee E. Impaired Joint Proprioception at Higher Shoulder Elevations in Chronic Rotator Cuff Pathology. *Archives of Physical Medicine and Rehabilitation*. juill 2011;92(7):1146-51.
12. Andrade R, Wik EH, Rebelo-Marques A, Blanch P, Whiteley R, Espregueira-Mendes J, et al. Is the Acute: Chronic Workload Ratio (ACWR) Associated with Risk of Time-Loss Injury in Professional Team Sports? A Systematic Review of Methodology, Variables and Injury Risk in Practical Situations. *Sports Med*. sept 2020;50(9):1613-35.
13. Andresen J, Nielsen HE. Juxta-Articular Erosions and Calcifications in Patients with Chronic Renal Failure. *Acta Radiologica Diagnosis*. nov 1981;22(6):709-13.
14. Ashir A, Lombardi A, Jerban S, Ma Y, Du J, Y. Chang E. Magnetic resonance imaging of the shoulder. *Pol J Radiol*. 17 août 2020;85:420-39.
15. Assistant Professor, SRM college of Physiotherapy., J S, S V, Student, SRM college of Physiotherapy., Vpr S, Dean, SRM college of Physiotherapy. COMPARISON OF CONCENTRIC AND ECCENTRIC EXERCISE INTERVENTION IN PATIENTS WITH SUBACROMIAL IMPINGEMENT SYNDROME. *IJAR*. 30 juin 2017;5(6):1617-23.
16. Bacle G, Nové-Josserand L, Garaud P, Walch G. Long-Term Outcomes of Reverse Total Shoulder Arthroplasty: A Follow-up of a Previous Study. *The Journal of Bone and Joint Surgery*. 15 mars 2017;99(6):454-61.

17. Bang MD, Deyle GD. Comparison of Supervised Exercise With and Without Manual Physical Therapy for Patients With Shoulder Impingement Syndrome. *J Orthop Sports Phys Ther.* mars 2000;30(3):126-37.
18. Bank RA, TeKoppele JM, Oostingh G, Hazleman BL, Riley GP. Lysylhydroxylation and non-reducible crosslinking of human supraspinatus tendon collagen: changes with age and in chronic rotator cuV tendinitis. :7.
19. Bank RA, TeKoppele JM, Oostingh G, Hazleman BL, Riley GP. Lysylhydroxylation and non-reducible crosslinking of human supraspinatus tendon collagen: changes with age and in chronic rotator cuV tendinitis. :7.
20. Bar M, Neta M, Linz H. Very first impressions. *Emotion.* 2006;6(2):269-78.
21. Barreto RPG, Braman JP, Ludewig PM, Ribeiro LP, Camargo PR. Bilateral magnetic resonance imaging findings in individuals with unilateral shoulder pain. *Journal of Shoulder and Elbow Surgery.* sept 2019;28(9):1699-706.
22. Barrett E, Conroy C, Corcoran M, Sullivan KO, Purtill H, Lewis J, et al. An evaluation of two types of exercise classes, containing shoulder exercises or a combination of shoulder and thoracic exercises, for the treatment of nonspecific shoulder pain: A case series. *Journal of Hand Therapy.* juill 2018;31(3):301-7.
23. Barrett E, Conroy C, Corcoran M, Sullivan KO, Purtill H, Lewis J, et al. An evaluation of two types of exercise classes, containing shoulder exercises or a combination of shoulder and thoracic exercises, for the treatment of nonspecific shoulder pain: A case series. *Journal of Hand Therapy.* juill 2018;31(3):301-7.
24. Barrett E, O'Keeffe M, O'Sullivan K, Lewis J, McCreesh K. Is thoracic spine posture associated with shoulder pain, range of motion and function? A systematic review. *Manual Therapy.* déc 2016;26:38-46.
25. Barron CJ, Klaber Moffett JA, Potter M. Patient expectations of physiotherapy: Definitions, concepts, and theories. *Physiotherapy Theory and Practice.* janv 2007;23(1):37-46.
26. Baumgarten KM, Gerlach D, Galatz LM, Teefey SA, Middleton WD, Ditsios K, et al. Cigarette Smoking Increases the Risk for Rotator Cuff Tears. *Clinical Orthopaedics & Related Research.* juin 2010;468(6):1534-41.
27. Behrsin JF, Maguire K. Levator Scapulae Action during Shoulder Movement: A Possible Mechanism for Shoulder Pain of Cervical Origin. *Australian Journal of Physiotherapy.* 1986;32(2):101-6.
28. Bender C, Dove L, Schmid AB. Does Your Bedside Neurological Examination for Suspected Peripheral Neuropathies Measure Up? *Journal of Orthopaedic & Sports Physical Therapy.* mars 2023;53(3):107-12.
29. Bender C, Dove L, Schmid AB. Does Your Bedside Neurological Examination for Suspected Peripheral Neuropathies Measure Up? *Journal of Orthopaedic & Sports Physical Therapy.* mars 2023;53(3):107-12.
30. Bergman GJD, Winters JC, Groenier KH, Pool JJM, Jong BM de, Postema K, et al. Manipulative Therapy in Addition to Usual Medical Care for Patients with Shoulder Dysfunction and Pain: A Randomized, Controlled Trial. *Ann Intern Med.* 21 sept 2004;141(6):432.
31. Bezer M, Yıldırım Y, Akgün U, Erol B, Güven O. Superior excursion of the humeral head: A diagnostic tool in rotator cuff tear surgery. *Journal of Shoulder and Elbow Surgery.* juill 2005;14(4):375-9.
32. Bialosky JE, Beneciuk JM, Bishop MD, Coronado RA, Penza CW, Simon CB, et al. Unraveling the Mechanisms of Manual Therapy: Modeling an Approach. *J Orthop Sports Phys Ther.* janv 2018;48(1):8-18.
33. Bialosky JE, Bishop MD, Price DD, Robinson ME, George SZ. The mechanisms of manual therapy in the treatment of musculoskeletal pain: A comprehensive model. *Manual Therapy.* oct 2009;14(5):531-8.
34. Bishop MD, Torres-Cueco R, Gay CW, Lluch-Girbés E, Beneciuk JM, Bialosky JE. What effect can manual therapy have on a patient's pain experience? *Pain Management.* nov 2015;5(6):455-64.

35. Bizzarri P, Buzzatti L, Cattrysse E, Scafoglieri A. Thoracic manual therapy is not more effective than placebo thoracic manual therapy in patients with shoulder dysfunctions: A systematic review with meta-analysis. *Musculoskeletal Science and Practice*. févr 2018;33:1-10.
36. Blume C, Wang-Price S, Trudelle-Jackson E, Ortiz A. COMPARISON OF ECCENTRIC AND CONCENTRIC EXERCISE INTERVENTIONS IN ADULTS WITH SUBACROMIAL IMPINGEMENT SYNDROME. :15.
37. Boettcher CE, Cathers I, Ginn KA. The role of shoulder muscles is task specific. *J Sci Med Sport*. nov 2010;13(6):651-6.
38. Borms D, Maenhout A, Cools AM. Incorporation of the Kinetic Chain Into Shoulder-Elevation Exercises: Does It Affect Scapular Muscle Activity? *Journal of Athletic Training*. 1 avr 2020;55(4):343-9.
39. Borresen J, Ian Lambert M. The Quantification of Training Load, the Training Response and the Effect on Performance: *Sports Medicine*. sept 2009;39(9):779-95.
40. Borstad JD, Ludewig PM. The Effect of Long Versus Short Pectoralis Minor Resting Length on Scapular Kinematics in Healthy Individuals. *RESEARCH REPORT*. 2005;35(4):12.
41. Bosworth BM. CALCIUM DEPOSITS IN THE SHOULDER AND SUBACROMIAL BURSITIS: A SURVEY OF 12,122 SHOULDERS. *JAMA*. 31 mai 1941;116(22):2477.
42. Bourdon PC, Cardinale M, Murray A, Gastin P, Kellmann M, Varley MC, et al. Monitoring Athlete Training Loads: Consensus Statement. *International Journal of Sports Physiology and Performance*. avr 2017;12(s2):S2-161-S2-170.
43. Bourdon PC, Cardinale M, Murray A, Gastin P, Kellmann M, Varley MC, et al. Monitoring Athlete Training Loads: Consensus Statement. *International Journal of Sports Physiology and Performance*. avr 2017;12(s2):S2-161-S2-170.
44. Bourdon PC, Cardinale M, Murray A, Gastin P, Kellmann M, Varley MC, et al. Monitoring Athlete Training Loads: Consensus Statement. *International Journal of Sports Physiology and Performance*. avr 2017;12(s2):S2-161-S2-170.
45. Bove GM. Epi-perineurial anatomy, innervation, and axonal nociceptive mechanisms. *Journal of Bodywork and Movement Therapies*. juill 2008;12(3):185-90.
46. Bove GM, Light AR. The nervi nervorum. *Pain Forum*. sept 1997;6(3):181-90.
47. Bove GM, Ransil BJ, Lin HC, Leem JG. Inflammation Induces Ectopic Mechanical Sensitivity in Axons of Nociceptors Innervating Deep Tissues. *Journal of Neurophysiology*. sept 2003;90(3):1949-55.
48. Boyles RE, Ritland BM, Miracle BM, Barclay DM, Faul MS, Moore JH, et al. The short-term effects of thoracic spine thrust manipulation on patients with shoulder impingement syndrome. *Manual Therapy*. août 2009;14(4):375-80.
49. Bozzi F, Alabau-Rodriguez S, Barrera-Ochoa S, Ateschrang A, Schreiner AJ, Monllau JC, et al. Suprascapular Neuropathy around the Shoulder: A Current Concept Review. *JCM*. 22 juill 2020;9(8):2331.
50. Bravi M, Fossati C, Giombini A, Mannacio E, Borzuola R, Papalia R, et al. Do the Testing Posture and the Grip Modality Influence the Shoulder Maximal Voluntary Isometric Contraction? *JFMK*. 14 avr 2023;8(2):45.
51. Brooks CH, Revell WJ. STUDY OF THE CUFF TENDON. 1992;74(1):3.
52. Buckinx F, Croisier J, Reginster J, Dardenne N, Beudart C, Slomian J, et al. Reliability of muscle strength measures obtained with a hand-held dynamometer in an elderly population. *Clin Physio Funct Imaging*. mai 2017;37(3):332-40.
53. Bullock GS, Garrigues GE, Ledbetter L, Kennedy J. A Systematic Review of Proposed Rehabilitation Guidelines Following Anatomic and Reverse Shoulder Arthroplasty. *J Orthop Sports Phys Ther*. mai 2019;49(5):337-46.
54. Burner T, Gohr C, Mitton-Fitzgerald E, Rosenthal AK. Hyperglycemia Reduces Proteoglycan Levels in Tendons. *Connective Tissue Research*. déc 2012;53(6):535-41.
55. Cadogan A, Laslett M, Hing WA, McNair PJ, Coates MH. A prospective study of shoulder pain in primary care: Prevalence of imaged pathology and response to guided diagnostic blocks. *BMC Musculoskelet Disord*. déc 2011;12(1):119.

56. Cadogan A, McNair PJ, Laslett M, Hing WA. Diagnostic Accuracy of Clinical Examination and Imaging Findings for Identifying Subacromial Pain. PLOS ONE. 2016;
57. Cadogan A, McNair PJ, Laslett M, Hing WA. Diagnostic Accuracy of Clinical Examination and Imaging Findings for Identifying Subacromial Pain. Tsuchiya H, éditeur. PLoS ONE. 9 déc 2016;11(12):e0167738.
58. Cadogan A, McNair PJ, Laslett M, Hing WA. Diagnostic Accuracy of Clinical Examination and Imaging Findings for Identifying Subacromial Pain. Tsuchiya H, éditeur. PLoS ONE. 9 déc 2016;11(12):e0167738.
59. Cagnie B, Struyf F, Cools A, Castelein B, Danneels L, O'leary S. The Relevance of Scapular Dysfunction in Neck Pain: A Brief Commentary. J Orthop Sports Phys Ther. juin 2014;44(6):435-9.
60. Caliendo P, Latorre G, Aprile I, Pazzaglia C, Commodari I, Tonali P, et al. Distribution of paresthesias in Carpal Tunnel Syndrome reflects the degree of nerve damage at wrist ☆. Clinical Neurophysiology. janv 2006;117(1):228-31.
61. Calver R, Alenabi T, Cudlip A, Dickerson CR, Mondal P, Kim SY. Regional activation of supraspinatus and infraspinatus sub-regions during dynamic tasks performed with free weights. Journal of Electromyography and Kinesiology. févr 2022;62:102308.
62. Camarinos J, Marinko L. Effectiveness of Manual Physical Therapy for Painful Shoulder Conditions: A Systematic Review. Journal of Manual & Manipulative Therapy. déc 2009;17(4):206-15.
63. Carbone S, Gumina S, Vestri AR, Postacchini R. Coracoid pain test: a new clinical sign of shoulder adhesive capsulitis. International Orthopaedics (SICOT). mars 2010;34(3):385-8.
64. Castelein B, Cagnie B, Parlevliet T, Cools A. Superficial and Deep Scapulothoracic Muscle Electromyographic Activity During Elevation Exercises in the Scapular Plane. J Orthop Sports Phys Ther. mars 2016;46(3):184-93.
65. Castoldi F, Blonna D, Hertel R. External rotation lag sign revisited: Accuracy for diagnosis of full thickness supraspinatus tear. Journal of Shoulder and Elbow Surgery. juill 2009;18(4):529-34.
66. Catapano M, Robinson DM, Schowalter S, McInnis KC. Clinical evaluation and management of calcific tendinopathy: an evidence-based review.
67. Catapano M, Robinson DM, Schowalter S, McInnis KC. Clinical evaluation and management of calcific tendinopathy: an evidence-based review.
68. Challoumas D, Biddle M, McLean M, Millar NL. Comparison of Treatments for Frozen Shoulder: A Systematic Review and Meta-analysis. JAMA Netw Open. 16 déc 2020;3(12):e2029581.
69. Chalmers PN, Cvetanovich GL, Kupfer N, Wimmer MA, Verma NN, Cole BJ, et al. The champagne toast position isolates the supraspinatus better than the Jobe test: an electromyographic study of shoulder physical examination tests. Journal of Shoulder and Elbow Surgery. févr 2016;25(2):322-9.
70. Chamorro C, Arancibia M, Trigo B, Arias-Poblete L, Jerez-Mayorga D. Absolute Reliability and Concurrent Validity of Hand-Held Dynamometry in Shoulder Rotator Strength Assessment: Systematic Review and Meta-Analysis. IJERPH. 3 sept 2021;18(17):9293.
71. Chan H, Pua P, How C. Physical therapy in the management of frozen shoulder. smedj. déc 2017;58(12):685-9.
72. Chester R, Jerosch-Herold C, Lewis J, Shepstone L. Psychological factors are associated with the outcome of physiotherapy for people with shoulder pain: a multicentre longitudinal cohort study. Br J Sports Med. févr 2018;52(4):269-75.
73. Chester R, Smith TO, Hooper L, Dixon J. The impact of subacromial impingement syndrome on muscle activity patterns of the shoulder complex: a systematic review of electromyographic studies. BMC Musculoskelet Disord. déc 2010;11(1):45.
74. Cho CH, Kim DH, Bae KC, Lee D, Kim K. Proper site of corticosteroid injection for the treatment of idiopathic frozen shoulder: Results from a randomized trial. Joint Bone Spine. mai 2016;83(3):324-9.
75. Christensen BH, Andersen KS, Rasmussen S, Andreasen EL, Nielsen LM, Jensen SL. Enhanced function and quality of life following 5 months of exercise therapy for patients with irreparable rotator cuff tears – an intervention study. BMC Musculoskelet Disord. déc 2016;17(1):252.
76. Christiansen L, Larsen MN, Madsen MJ, Grey MJ, Nielsen JB, Lundbye-Jensen J. Long-term motor skill training with individually adjusted progressive difficulty enhances learning and promotes corticospinal plasticity. Sci Rep. déc 2020;10(1):15588.

77. Clausen MB, Witten A, Holm K, Christensen KB, Attrup ML, Hölmich P, et al. Glenohumeral and scapulothoracic strength impairments exists in patients with subacromial impingement, but these are not reflected in the shoulder pain and disability index. *BMC Musculoskelet Disord.* déc 2017;18(1):302.
78. Clausen MB, Witten A, Holm K, Christensen KB, Attrup ML, Hölmich P, et al. Glenohumeral and scapulothoracic strength impairments exists in patients with subacromial impingement, but these are not reflected in the shoulder pain and disability index. *BMC Musculoskelet Disord.* déc 2017;18(1):302.
79. Collin P, Matsumura N, Lädermann A, Denard PJ, Walch G. Relationship between massive chronic rotator cuff tear pattern and loss of active shoulder range of motion. *Journal of Shoulder and Elbow Surgery.* août 2014;23(8):1195-202.
80. Collin P, Treseder T, Denard PJ, Neyton L, Walch G, Lädermann A. What is the Best Clinical Test for Assessment of the Teres Minor in Massive Rotator Cuff Tears? *Clinical Orthopaedics & Related Research.* sept 2015;473(9):2959-66.
81. Colloca L, Ludman T, Bouhassira D, Baron R, Dickenson AH, Yarnitsky D, et al. Neuropathic pain. *Nat Rev Dis Primers.* 16 févr 2017;3(1):17002.
82. Connor PM, Banks DM, Tyson AB, Coumas JS, D'Alessandro DF. Magnetic Resonance Imaging of the Asymptomatic Shoulder of Overhead Athletes: A 5-Year Follow-up Study. *Am J Sports Med.* sept 2003;31(5):724-7.
83. Conroy DE, Hayes KW. The Effect of Joint Mobilization as a Component of Comprehensive Treatment for Primary Shoulder Impingement Syndrome. *J Orthop Sports Phys Ther.* juill 1998;28(1):3-14.
84. Cook C, Brown C, Isaacs R, Roman M, Davis S, Richardson W. Clustered clinical findings for diagnosis of cervical spine myelopathy. *Journal of Manual & Manipulative Therapy.* déc 2010;18(4):175-80.
85. Cook CE. *The Demonization of Manual Therapy.* :8.
86. Cook CE, Hegedus E, Pietrobon R, Goode A. A Pragmatic Neurological Screen for Patients With Suspected Cord Compressive Myelopathy. *Physical Therapy.* 1 sept 2007;87(9):1233-42.
87. Cook CE, Wilhelm M, Cook AE, Petrosino C, Isaacs R. Clinical Tests for Screening and Diagnosis of Cervical Spine Myelopathy: A Systematic Review. *Journal of Manipulative and Physiological Therapeutics.* oct 2011;34(8):539-46.
88. Cook C, Learman K, Houghton S, Showalter C, O'Halloran B. The addition of cervical unilateral posterior–anterior mobilisation in the treatment of patients with shoulder impingement syndrome: A randomised clinical trial. *Manual Therapy.* févr 2014;19(1):18-24.
89. Cook C, Learman K, Houghton S, Showalter C, O'Halloran B. The addition of cervical unilateral posterior–anterior mobilisation in the treatment of patients with shoulder impingement syndrome: A randomised clinical trial. *Manual Therapy.* févr 2014;19(1):18-24.
90. Cook C, Roman M, Stewart KM, Leithe LG, Isaacs R. Reliability and Diagnostic Accuracy of Clinical Special Tests for Myelopathy in Patients Seen for Cervical Dysfunction. *J Orthop Sports Phys Ther.* mars 2009;39(3):172-8.
91. Cook JL, Purdam CR. Is tendon pathology a continuum? A pathology model to explain the clinical presentation of load-induced tendinopathy. *British Journal of Sports Medicine.* 1 juin 2009;43(6):409-16.
92. Cook J, Docking S. “Rehabilitation will increase the ‘capacity’ of your ...insert musculoskeletal tissue here....” Defining ‘tissue capacity’: a core concept for clinicians. *Br J Sports Med.* déc 2015;49(23):1484-5.
93. Cools AM. Evaluation of isokinetic force production and associated muscle activity in the scapular rotators during a protraction-retraction movement in overhead athletes with impingement symptoms. *British Journal of Sports Medicine.* 1 févr 2004;38(1):64-8.
94. Cools AM, Witvrouw EE, Mahieu NN, Danneels LA. Isokinetic Scapular Muscle Performance in Overhead Athletes With and Without Impingement Symptoms. :7.
95. Cools AM, Dewitte V, Lanszweert F, Notebaert D, Roets A, Soetens B, et al. Rehabilitation of Scapular Muscle Balance: Which Exercises to Prescribe? *Am J Sports Med.* oct 2007;35(10):1744-51.

96. Cools AMJ, Vanderstukken F, Vereecken F, Duprez M, Heyman K, Goethals N, et al. Eccentric and isometric shoulder rotator cuff strength testing using a hand-held dynamometer: reference values for overhead athletes. *Knee Surg Sports Traumatol Arthrosc.* déc 2016;24(12):3838-47.
97. Cools AM, Witvrouw EE, Declercq GA, Danneels LA, Cambier DC. Scapular Muscle Recruitment Patterns: Trapezius Muscle Latency with and without Impingement Symptoms. *Am J Sports Med.* juill 2003;31(4):542-9.
98. Craske MG, Hermans D, Vervliet B. State-of-the-art and future directions for extinction as a translational model for fear and anxiety. *Phil Trans R Soc B.* 19 mars 2018;373(1742):20170025.
99. Crosbie J, Kilbreath SL, Hollmann L, York S. Scapulohumeral rhythm and associated spinal motion. *Clinical Biomechanics.* févr 2008;23(2):184-92.
100. Cudlip AC, Dickerson CR. Regional activation of anterior and posterior supraspinatus differs by plane of elevation, hand load and elevation angle. *Journal of Electromyography and Kinesiology.* déc 2018;43:14-20.
101. De Baets L, Matheve T, Meeus M, Struyf F, Timmermans A. The influence of cognitions, emotions and behavioral factors on treatment outcomes in musculoskeletal shoulder pain: a systematic review. *Clin Rehabil.* juin 2019;33(6):980-91.
102. De Toledo JM, Loss JF, Janssen TW, Van Der Scheer JW, Alta TD, Willems WJ, et al. Kinematic evaluation of patients with total and reverse shoulder arthroplasty during rehabilitation exercises with different loads. *Clinical Biomechanics.* oct 2012;27(8):793-800.
103. de Witte PB, Kolk A, Overes F. Rotator Cuff Calcific Tendinitis: Ultrasound-Guided Needling and Lavage Versus Subacromial Corticosteroids. *The American Journal of Sports Medicine.*
104. de Witte PB, Selten JW, Navas A, Nagels J, Visser CPJ. Calcific Tendinitis of the Rotator Cuff. *The American Journal of Sports Medicine.*
105. Dean BJF, Franklin SL, Carr AJ. A systematic review of the histological and molecular changes in rotator cuff disease. *Bone & Joint Research.* juill 2012;1(7):158-66.
106. Deutsch A, Altchek DW, Schwartz E, Otis JC, Warren RF. Radiologic measurement of superior displacement of the humeral head in the impingement syndrome. *Journal of Shoulder and Elbow Surgery.* mai 1996;5(3):186-93.
107. Di Lorito C, Long A, Byrne A, Harwood RH, Gladman JRF, Schneider S, et al. Exercise interventions for older adults: A systematic review of meta-analyses. *Journal of Sport and Health Science.* janv 2021;10(1):29-47.
108. Diederichsen LP, Nørregaard J, Dyhre-Poulsen P, Winther A, Tufekovic G, Bandholm T, et al. The activity pattern of shoulder muscles in subjects with and without subacromial impingement. *Journal of Electromyography and Kinesiology.* oct 2009;19(5):789-99.
109. Diederichsen LP, Nørregaard J, Dyhre-Poulsen P, Winther A, Tufekovic G, Bandholm T, et al. The activity pattern of shoulder muscles in subjects with and without subacromial impingement. *Journal of Electromyography and Kinesiology.* oct 2009;19(5):789-99.
110. Dilek B, Gulbahar S, Gundogdu M, Ergin B, Manisali M, Ozkan M, et al. Efficacy of Proprioceptive Exercises in Patients with Subacromial Impingement Syndrome: A Single-Blinded Randomized Controlled Study. *American Journal of Physical Medicine & Rehabilitation.* mars 2016;95(3):169-82.
111. Dilek B, Gulbahar S, Gundogdu M, Ergin B, Manisali M, Ozkan M, et al. Efficacy of Proprioceptive Exercises in Patients with Subacromial Impingement Syndrome: A Single-Blinded Randomized Controlled Study. *American Journal of Physical Medicine & Rehabilitation.* mars 2016;95(3):169-82.
112. Docking SI, Cook J. How do tendons adapt? Going beyond tissue responses to understand positive adaptation and pathology development: A narrative review.
113. Dunn WR, Kuhn JE, Sanders R, An Q, Baumgarten KM, Bishop JY, et al. 2013 Neer Award: predictors of failure of nonoperative treatment of chronic, symptomatic, full-thickness rotator cuff tears. *Journal of Shoulder and Elbow Surgery.* août 2016;25(8):1303-11.
114. Dunning J, Butts R, Fernández-de-las-Peñas C, Walsh S, Goult C, Gillett B, et al. Spinal Manipulation and Electrical Dry Needling in Patients With Subacromial Pain Syndrome: A Multicenter Randomized Clinical Trial. *J Orthop Sports Phys Ther.* févr 2021;51(2):72-81.
115. E L, Pecos-Martín D, Domenech-García V, Herrero P, Gallego-Izquierdo T. Effects of an anteroposterior mobilization of the glenohumeral joint in overhead athletes with chronic shoulder pain: A randomized controlled trial. *Musculoskeletal Science and Practice.* déc 2018;38:91-8.

116. Edmondston S, Ferguson A, Ippersiel P, Ronningen L, Sodeland S, Barclay L. *Clinical and Radiological Investigation of Thoracic Spine Extension Motion During Bilateral Arm Elevation*. *J Orthop Sports Phys Ther*. oct 2012;42(10):861-9.
117. Edwards PK, Ebert JR, Joss B, Ackland T, Wang A. *A randomised trial comparing two rehabilitation approaches following reverse total shoulder arthroplasty*. *Shoulder & Elbow*. oct 2021;13(5):557-72.
118. Edwards PK, Ebert JR, Littlewood C, Ackland T, Wang A. *A Systematic Review of Electromyography Studies in Normal Shoulders to Inform Postoperative Rehabilitation Following Rotator Cuff Repair*. *J Orthop Sports Phys Ther*. déc 2017;47(12):931-44.
119. Eliasson P, Dietrich-Zagonel F, Lundin AC, Aspenberg P, Wolk A, Michaëlsson K. *Statin treatment increases the clinical risk of tendinopathy through matrix metalloproteinase release – a cohort study design combined with an experimental study*. *Sci Rep*. déc 2019;9(1):17958.
120. Ellenbecker TS, Cools A. *Rehabilitation of shoulder impingement syndrome and rotator cuff injuries: an evidence-based review*. *British Journal of Sports Medicine*. 1 avr 2010;44(5):319-27.
121. Ellenbecker TS, Sueyoshi T, Bailie DS. *Muscular Activation During Plyometric Exercises in 90° of Glenohumeral Joint Abduction*. *Sports Health*. janv 2015;7(1):75-9.
122. elliottayloresp. *Physio Network*. 2019 [cité 7 nov 2023]. Ce que les kinésithérapeutes devraient savoir sur le renforcement musculaire. Disponible sur: <https://www.physio-network.com/fr/blog/ce-que-les-kinesitherapeutes-devraient-savoir-sur-le-renforcement-musculaire/>
123. Fardo F, Aukstulewicz R, Allen M, Dietz MJ, Roepstorff A, Friston KJ. *Expectation violation and attention to pain jointly modulate neural gain in somatosensory cortex*. *NeuroImage*. juin 2017;153:109-21.
124. Fessel G, Gerber C, Snedeker JG. *Potential of collagen cross-linking therapies to mediate tendon mechanical properties*. *Journal of Shoulder and Elbow Surgery*. févr 2012;21(2):209-17.
125. Fiatarone MA. *High-Intensity Strength Training in Nonagenarians: Effects on Skeletal Muscle*. *JAMA*. 13 juin 1990;263(22):3029.
126. Finley MA, Lee RY. *Effect of sitting posture on 3-dimensional scapular kinematics measured by skin-mounted electromagnetic tracking sensors*. *Archives of Physical Medicine and Rehabilitation*. avr 2003;84(4):563-8.
127. Finucane LM, Downie A, Mercer C, Greenhalgh SM, Boissonnault WG, Pool-Goudzwaard AL, et al. *International Framework for Red Flags for Potential Serious Spinal Pathologies*. *Journal of Orthopaedic & Sports Physical Therapy*. juill 2020;50(7):350-72.
128. Fragala MS, Cadore EL, Dorgo S, Izquierdo M, Kraemer WJ, Peterson MD, et al. *Resistance Training for Older Adults: Position Statement From the National Strength and Conditioning Association*. *Journal of Strength and Conditioning Research*. août 2019;33(8):2019-52.
129. Frost P, Andersen JH, Lundorf E. *Is supraspinatus pathology as defined by magnetic resonance imaging associated with clinical sign of shoulder impingement?* *Journal of Shoulder and Elbow Surgery*. nov 1999;8(6):565-8.
130. Gabbett T. *Load Management: What It Is and What It Is Not!* *Sports Health: A Multidisciplinary Approach*. juill 2023;15(4):478-478.
131. Gabbett TJ. *The training—injury prevention paradox: should athletes be training smarter and harder?* *Br J Sports Med*. mars 2016;50(5):273-80.
132. Gabbett TJ. *How Much? How Fast? How Soon? Three Simple Concepts for Progressing Training Loads to Minimize Injury Risk and Enhance Performance*. *J Orthop Sports Phys Ther*. oct 2020;50(10):570-3.
133. Gagey OJ, Boisrenoult P. *Shoulder Capsule Shrinkage and Consequences on Shoulder Movements: Clinical Orthopaedics and Related Research*. févr 2004;419:218-22.
134. Gatt DL, Charalambous CP. *Ultrasound-Guided Barbotage for Calcific Tendonitis of the Shoulder: A Systematic Review including 908 Patients*. *Arthroscopy: The Journal of Arthroscopic & Related Surgery*. sept 2014;30(9):1166-72.
135. George SZ, Dover GC, Wallace MR, Sack BK, Herbstman DM, Aydog E, et al. *Biopsychosocial Influence on Exercise-induced Delayed Onset Muscle Soreness at the Shoulder: Pain Catastrophizing and Catechol-O-Methyltransferase (COMT) Diplotype Predict Pain Ratings*. *The Clinical Journal of Pain*. nov 2008;24(9):793-801.

136. Gerber C, Werner CML, Macy JC, Jacob HAC, Nyffeler RW. EFFECT OF SELECTIVE CAPSULORRHAPHY ON THE PASSIVE RANGE OF MOTION OF THE GLENOHUMERAL JOINT: *The Journal of Bone and Joint Surgery-American Volume*. janv 2003;85(1):48-55.
137. Gifford L. Acute low cervical nerve root conditions: symptom presentations and pathobiological reasoning. *Manual Therapy*. mai 2001;6(2):106-15.
138. Girish G, Lobo LG, Jacobson JA, Morag Y, Miller B, Jamadar DA. Ultrasound of the Shoulder: Asymptomatic Findings in Men. *American Journal of Roentgenology*. oct 2011;197(4):W713-9.
139. Good DC, Couch JR, Wacaser L. "Numb, clumsy hands" and high cervical spondylosis. *Surgical Neurology*. sept 1984;22(3):285-91.
140. Grant MJ, Hawkes DH, McMahon J, Horsley I, Khaiyat OA. Vibration as an adjunct to exercise: its impact on shoulder muscle activation. *Eur J Appl Physiol*. août 2019;119(8):1789-98.
141. Green HD, Jones A, Evans JP, Wood AR, Beaumont RN, Tyrrell J, et al. A genome-wide association study identifies 5 loci associated with frozen shoulder and implicates diabetes as a causal risk factor. Barsh GS, éditeur. *PLoS Genet*. 10 juin 2021;17(6):e1009577.
142. Greving K, Dorrestijn O, Winters J, Groenhof F, van der Meer K, Stevens M, et al. Incidence, prevalence, and consultation rates of shoulder complaints in general practice. *Scandinavian Journal of Rheumatology*. mars 2012;41(2):150-5.
143. Grijalva RA, Hsu FPK, Wycliffe ND, Tsao BE, Williams P, Akpolat YT, et al. Hoffmann Sign: Clinical Correlation of Neurological Imaging Findings in the Cervical Spine and Brain. *Spine*. avr 2015;40(7):475-9.
144. Grimes JK, Puenteadura EJ, Cheng MS, Seitz AL. The Comparative Effects of Upper Thoracic Spine Thrust Manipulation Techniques in Individuals With Subacromial Pain Syndrome: A Randomized Clinical Trial. *J Orthop Sports Phys Ther*. oct 2019;49(10):716-24.
145. Gstoettner C, Mayer JA, Rassam S, Hruby LA, Salminger S, Sturma A, et al. Neuralgic amyotrophy: a paradigm shift in diagnosis and treatment. *J Neurol Neurosurg Psychiatry*. août 2020;91(8):879-88.
146. Gumina S, Di Giorgio G, Postacchini F, Postacchini R. Subacromial space in adult patients with thoracic hyperkyphosis and in healthy volunteers. *Chir Organi Mov*. févr 2008;91(2):93-6.
147. Gwilym SE, Oag HCL, Tracey I, Carr AJ. Evidence that central sensitisation is present in patients with shoulder impingement syndrome and influences the outcome after surgery. *The Journal of Bone and Joint Surgery British volume*. avr 2011;93-B(4):498-502.
148. Haider R, Bashir MS, Adeel M, Ijaz MJ, Ayub A. Comparison of conservative exercise therapy with and without Maitland Thoracic Manipulative therapy in patients with subacromial pain: Clinical trial. *J Pak Med Assoc*. 2018;68(3):7.
149. Haider R, Bashir MS, Adeel M, Ijaz MJ, Ayub A. Comparison of conservative exercise therapy with and without Maitland Thoracic Manipulative therapy in patients with subacromial pain: Clinical trial. *J Pak Med Assoc*. 2018;68(3).
150. Haik MN, Albuquerque-Sendín F, Moreira RFC, Pires ED, Camargo PR. Effectiveness of physical therapy treatment of clearly defined subacromial pain: a systematic review of randomised controlled trials. *Br J Sports Med*. sept 2016;50(18):1124-34.
151. Hall J. *Physio Network*. 2023 [cité 25 sept 2023]. Ce que la thérapie manuelle peut et ne peut pas faire. Disponible sur: <https://www.physio-network.com/fr/blog/ce-que-la-therapie-manuelle-peut-faire/>
152. Hall K, Borstad JD. Posterior Shoulder Tightness: To Treat or Not to Treat? *J Orthop Sports Phys Ther*. mars 2018;48(3):133-6.
153. Hallström E, Kjørrholm J. Shoulder Kinematics in 25 Patients with Impingement and 12 Controls: *Clinical Orthopaedics and Related Research*. juill 2006;448:22-7.
154. Harding WG. Keep Your Shoulders in the 'Safe Zone'. *The Physician and Sportsmedicine*. déc 1993;21(12):93-4.
155. Hart DA, Scott A. Getting the dose right when prescribing exercise for connective tissue conditions: the Yin and the Yang of tissue homeostasis. *Br J Sports Med*. août 2012;46(10):696-8.
156. Harvie P, Ostlere SJ, Teh J, McNally EG, Clipsham K, Burston BJ, et al. Genetic influences in the aetiology of tears of the rotator cuff: SIBLING RISK OF A FULL-THICKNESS TEAR. *The Journal of Bone and Joint Surgery British volume*. juill 2004;86-B(5):696-700.
157. Hashimoto T, Nobuhara K, Hamada T. Pathologic Evidence of Degeneration as a Primary Cause of Rotator Cuff Tear: *Clinical Orthopaedics and Related Research*. oct 2003;415:111-20.

158. Hatashita S, Sekiguchi M, Kobayashi H, Konno S ichi, Kikuchi S ichi. *Contralateral Neuropathic Pain and Neuropathology in Dorsal Root Ganglion and Spinal Cord Following Hemilateral Nerve Injury in Rats: Spine.* mai 2008;33(12):1344-51.
159. Hauswirth J, Ernst MJ, Preusser ML, Meichtry A, Kool J, Crawford RJ. *Immediate effects of cervical unilateral anterior-posterior mobilisation on shoulder pain and impairment in post-operative arthroscopy patients. BMR.* 5 mai 2017;30(3):615-23.
160. Hegarty AK, Hsu M, Roy JS, Kardouni JR, Kutch JJ, Michener LA. *Evidence for increased neuromuscular drive following spinal manipulation in individuals with subacromial pain syndrome. Clinical Biomechanics [Internet].* 1 déc 2021 [cité 25 sept 2023];90. Disponible sur: [https://www.clinbiomech.com/article/S0268-0033\(21\)00215-1/fulltext](https://www.clinbiomech.com/article/S0268-0033(21)00215-1/fulltext)
161. Hettrich CM, DiCarlo EF, Faryniarz D, Vadasdi KB, Williams R, Hannafin JA. *The effect of myofibroblasts and corticosteroid injections in adhesive capsulitis. Journal of Shoulder and Elbow Surgery.* août 2016;25(8):1274-9.
162. Hirji Z, Hunjun JS, Choudur HN. *Imaging of the Bursae. Journal of Clinical Imaging Science.* 2 mai 2011;1:22.
163. Hollmann L, Halaki M, Kamper SJ, Haber M, Ginn KA. *Does muscle guarding play a role in range of motion loss in patients with frozen shoulder? Musculoskeletal Science and Practice.* oct 2018;37:64-8.
164. Hollmann L, Halaki M, Kamper SJ, Haber M, Ginn KA. *Does muscle guarding play a role in range of motion loss in patients with frozen shoulder? Musculoskeletal Science and Practice.* oct 2018;37:64-8.
165. Hollmann L, Halaki M, Kamper SJ, Haber M, Ginn KA. *Does muscle guarding play a role in range of motion loss in patients with frozen shoulder? Musculoskeletal Science and Practice.* oct 2018;37:64-8.
166. Hortobagyi T, Mizelle C, Beam S, DeVita P. *Old Adults Perform Activities of Daily Living Near Their Maximal Capabilities. The Journals of Gerontology Series A: Biological Sciences and Medical Sciences.* 1 mai 2003;58(5):M453-60.
167. Howard A, Powell JL, Gibson J, Hawkes D, Kemp GJ, Frostick SP. *A functional Magnetic Resonance Imaging study of patients with Polar Type II/III complex shoulder instability. Sci Rep.* 18 avr 2019;9(1):6271.
168. Howard MC, Trasolini NA, Waterman BR. *Optimizing Outcomes After Reverse Total Shoulder Arthroplasty: Rehabilitation, Expected Outcomes, and Maximizing Return to Activities. Curr Rev Musculoskelet Med.* 3 mars 2023;16(4):145-53.
169. Howick J, Moscrop A, Mebius A, Fanshawe TR, Lewith G, Bishop FL, et al. *Effects of empathic and positive communication in healthcare consultations: a systematic review and meta-analysis. J R Soc Med.* juill 2018;111(7):240-52.
170. Hsu AT, Ho L, Ho S, Hedman T. *Joint Position During Anterior-Posterior Glide Mobilization: Its Effect on Glenohumeral Abduction Range of Motion.* 2000;81:5.
171. Hsu HC, Wu JJ, Jim YF, Chang CY. *Calcific tendinitis and rotator cuff tearing: A clinical and radiographic study. J Shoulder Elbow Surg.* 3(3).
172. Hu P, Bembrick AL, Keay KA, McLachlan EM. *Immune cell involvement in dorsal root ganglia and spinal cord after chronic constriction or transection of the rat sciatic nerve. Brain, Behavior, and Immunity.* juill 2007;21(5):599-616.
173. Huang CY, Wang VM, Pawluk RJ, Bucchieri JS, Levine WN, Bigliani LU, et al. *Inhomogeneous mechanical behavior of the human supraspinatus tendon under uniaxial loading. J Orthop Res.* juill 2005;23(4):924-30.
174. Hulin BT, Gabbett TJ, Lawson DW, Caputi P, Sampson JA. *The acute:chronic workload ratio predicts injury: high chronic workload may decrease injury risk in elite rugby league players. Br J Sports Med.* févr 2016;50(4):231-6.
175. Ikeda DM, McGill SM. *Can Altering Motions, Postures, and Loads Provide Immediate Low Back Pain Relief: A Study of 4 Cases Investigating Spine Load, Posture, and Stability. Spine.* nov 2012;37(23):E1469-75.

176. Isaza Jaramillo SP, Uribe Uribe CS, García Jimenez FA, Cornejo-Ochoa W, Álvarez Restrepo JF, Román GC. Accuracy of the Babinski sign in the identification of pyramidal tract dysfunction. *Journal of the Neurological Sciences*. août 2014;343(1-2):66-8.
177. Itoi E. reported to date. The purpose of this study was to determine the material properties of the superior, inferior, anterior, and posterior portions of the capsule of the glenohumeral joint. :8.
178. Itoi E, Arce G, Bain GI, Diercks RL, Guttman D, Imhoff AB, et al. Shoulder Stiffness: Current Concepts and Concerns. *Arthroscopy: The Journal of Arthroscopic & Related Surgery*. juill 2016;32(7):1402-14.
179. Itoi E, Berglund LJ, Grabowski JJ, Schultz FM, Growney ES, Morrey BF, et al. Tensile properties of the supraspinatus tendon. *J Orthop Res*. juill 1995;13(4):578-84.
180. Jain NB, Luz J, Higgins LD, Dong Y, Warner JJP, Matzkin E, et al. The Diagnostic Accuracy of Special Tests for Rotator Cuff Tear: The ROW Cohort Study. *American Journal of Physical Medicine & Rehabilitation*. mars 2017;96(3):176-83.
181. Johnson AJ, Godges JJ, Zimmerman GJ, Ounanian LL. The Effect of Anterior Versus Posterior Glide Joint Mobilization on External Rotation Range of Motion in Patients With Shoulder Adhesive Capsulitis. *J Orthop Sports Phys Ther*. mars 2007;37(3):88-99.
182. Jones S, Hanchard N, Hamilton S, Rangan A. A qualitative study of patients' perceptions and priorities when living with primary frozen shoulder. *BMJ Open*. sept 2013;3(9):e003452.
183. José BGS. Subscapularis myositis: An uncommon complication in calcific tendinopathy. A case study.
184. José BGS. Subscapularis myositis: An uncommon complication in calcific tendinopathy. A case study.
185. Kachingwe AF, Phillips B, Sletten E, Plunkett SW. Comparison of Manual Therapy Techniques with Therapeutic Exercise in the Treatment of Shoulder Impingement: A Randomized Controlled Pilot Clinical Trial. *Journal of Manual & Manipulative Therapy*. oct 2008;16(4):238-47.
186. Kao JT, Chang CL, Su WR, Chang WL, Tai TW. Incidence of recurrence after shoulder dislocation: a nationwide database study. *Journal of Shoulder and Elbow Surgery*. août 2018;27(8):1519-25.
187. Kapitzka C, Luedtke K, Komenda M, Kiefhaber M, Schmid AB, Ballenberger N, et al. Inter- and intra-rater-reliability of a clinical framework for spine-related neck-arm pain. *Musculoskeletal Science and Practice*. oct 2023;67:102853.
188. Kapitzka C, Lüdtke K, Tampin B, Ballenberger N. Application and utility of a clinical framework for spinally referred neck-arm pain: A cross-sectional and longitudinal study protocol. *Rushton A, éditeur. PLoS ONE*. 28 déc 2020;15(12):e0244137.
189. Kappe T, Sgroi M, Reichel H, Daexle M. Diagnostic performance of clinical tests for subscapularis tendon tears. *Knee Surg Sports Traumatol Arthrosc*. janv 2018;26(1):176-81.
190. Kardouni JR, Pidcoe PE, Shaffer SW, Finucane SD, Cheatham SA, Sousa CO, et al. Thoracic Spine Manipulation in Individuals With Subacromial Impingement Syndrome Does Not Immediately Alter Thoracic Spine Kinematics, Thoracic Excursion, or Scapular Kinematics: A Randomized Controlled Trial. *J Orthop Sports Phys Ther*. juill 2015;45(7):527-38.
191. Kardouni JR, Shaffer SW, Pidcoe PE, Finucane SD, Cheatham SA, Michener LA. Immediate changes in pressure pain sensitivity after thoracic spinal manipulative therapy in patients with subacromial impingement syndrome: A randomized controlled study. *Manual Therapy*. août 2015;20(4):540-6.
192. Kaur N, Bhanot K, Brody LT, Bridges J, Berry DC, Ode JJ. EFFECTS OF LOWER EXTREMITY AND TRUNK MUSCLES RECRUITMENT ON SERRATUS ANTERIOR MUSCLE ACTIVATION IN HEALTHY MALE ADULTS. :14.
193. Kaux JF, Crielaard JM. Tendon et tendinopathie. *Journal de Traumatologie du Sport*. déc 2014;31(4):235-40.
194. Keener JD, Wei AS, Kim HM, Steger-May K, Yamaguchi K. Proximal Humeral Migration in Shoulders with Symptomatic and Asymptomatic Rotator Cuff Tears: *The Journal of Bone and Joint Surgery-American Volume*. juin 2009;91(6):1405-13.
195. Kelley MJ, McClure PW, Leggin BG. Frozen Shoulder: Evidence and a Proposed Model Guiding Rehabilitation. *J Orthop Sports Phys Ther*. févr 2009;39(2):135-48.

196. Kelley MJ, Shaffer MA, Kuhn JE, Michener LA, Seitz AL, Uhl TL, et al. Shoulder Pain and Mobility Deficits: Adhesive Capsulitis: Clinical Practice Guidelines Linked to the International Classification of Functioning, Disability, and Health From the Orthopaedic Section of the American Physical Therapy Association. *J Orthop Sports Phys Ther.* mai 2013;43(5):A1-31.
197. Kelley MJ, Shaffer MA, Kuhn JE, Michener LA, Seitz AL, Uhl TL, et al. Shoulder Pain and Mobility Deficits: Adhesive Capsulitis: Clinical Practice Guidelines Linked to the International Classification of Functioning, Disability, and Health From the Orthopaedic Section of the American Physical Therapy Association. *J Orthop Sports Phys Ther.* mai 2013;43(5):A1-31.
198. Kennedy JS, Reinke EK, Friedman LGM, Cook C, Forsythe B, Gillespie R, et al. Protocol for a multicenter, randomised controlled trial of surgeon-directed home therapy vs. outpatient rehabilitation by physical therapists for reverse total shoulder arthroplasty: the SHORT trial. *Arch Physiother.* déc 2021;11(1):28.
199. Kibler WB, Ludewig PM, McClure PW, Michener LA, Bak K, Sciascia AD. Clinical implications of scapular dyskinesis in shoulder injury: the 2013 consensus statement from the 'scapular summit'. *Br J Sports Med.* sept 2013;47(14):877-85.
200. Kiely P, Baker JF, O'hEireamhoin S, Butler JS, Ahmed M, Lui DF, et al. The Evaluation of the Inverted Supinator Reflex in Asymptomatic Patients: Spine. *avr 2010;35(9):955-7.*
201. Kim EK, Kang JH, Lee HT. The effect of the shoulder stability exercise using resistant vibration stimulus on forward head posture and muscle activity. *J Phys Ther Sci.* 2016;28(11):3070-3.
202. Kinesport. Kinesport. [cité 25 oct 2023]. Application ciblée de la théorie de l'apprentissage moteur afin de tirer parti de la neuroplasticité des jeunes pour améliorer la résistance aux blessures et les performances d'exercices. Disponible sur: <https://www.kinesport.fr/blog/apprentissage-moteur-neuroplasticite>
203. Kirsch JM, Namdari S. Rehabilitation After Anatomic and Reverse Total Shoulder Arthroplasty: A Critical Analysis Review. *JBJS Rev.* févr 2020;8(2):e0129-e0129.
204. Kostretzis L, Theodoroudis I, Boutsiadis A, Papadakis N, Papadopoulos P. Suprascapular Nerve Pathology: A Review of the Literature. *TOORTHJ.* 28 févr 2017;11(1):140-53.
205. Kovanur Sampath K, Mani R, Cotter JD, Tumilty S. Measureable changes in the neuro-endocrinal mechanism following spinal manipulation. *Medical Hypotheses.* déc 2015;85(6):819-24.
206. Kuhn JE. Exercise in the treatment of rotator cuff impingement: A systematic review and a synthesized evidence-based rehabilitation protocol. *Journal of Shoulder and Elbow Surgery.* janv 2009;18(1):138-60.
207. Lädermann A, Meynard T, Denard PJ, Ibrahim M, Saffarini M, Collin P. Reliable diagnosis of posterosuperior rotator cuff tears requires a combination of clinical tests. *Knee Surg Sports Traumatol Arthrosc.* juill 2021;29(7):2118-33.
208. Lake SP, Miller KS, Elliott DM, Soslowsky LJ. Tensile properties and fiber alignment of human supraspinatus tendon in the transverse direction demonstrate inhomogeneity, nonlinearity, and regional isotropy. *Journal of Biomechanics.* mars 2010;43(4):727-32.
209. Lam KHS, Hung CY, Chiang YP, Onishi K, Clark TB, Reeves DK, et al. Ultrasound-Guided Nerve Hydrodissection for Pain Management: An Updated Review of Anatomy and Techniques [Internet]. 2020 [cité 22 nov 2024]. Disponible sur: <https://www.preprints.org/manuscript/202001.0148/v1>
210. Langewitz W. Spontaneous talking time at start of consultation in outpatient clinic: cohort study. *BMJ.* 28 sept 2002;325(7366):682-3.
211. Larsson R, Bernhardsson S, Nordeman L. Effects of eccentric exercise in patients with subacromial impingement syndrome: a systematic review and meta-analysis. *BMC Musculoskeletal Disord.* déc 2019;20(1):446.
212. Laudner KG, Stanek JM, Meister K. Assessing Posterior Shoulder Contracture: The Reliability and Validity of Measuring Glenohumeral Joint Horizontal Adduction. :6.
213. Lawrence RL, Braman JP, Ludewig PM. Shoulder kinematics impact subacromial proximities: a review of the literature. *Brazilian Journal of Physical Therapy.* mai 2020;24(3):219-30.
214. Lawrence RL, Braman JP, Staker JL, Laprade RF, Ludewig PM. Comparison of 3-Dimensional Shoulder Complex Kinematics in Individuals With and Without Shoulder Pain, Part 2: Glenohumeral Joint. *J Orthop Sports Phys Ther.* sept 2014;44(9):646-B3.
215. Lawrence RL, Moutzourous V, Bey MJ. Asymptomatic Rotator Cuff Tears. *JBJS Rev.* juin 2019;7(6):e9-e9.
216. Lawrence RL, Schlangen DM, Schneider KA, Schoenecker J, Senger AL, Starr WC, et al. Effect of glenohumeral elevation on subacromial supraspinatus compression risk during simulated reaching: SUBACROMIAL SUPRASPINATUS COMPRESSION. *J Orthop Res.* oct 2017;35(10):2329-37.

217. Lee J hyun, Cynn H seock, Yoon T lim, Ko C hee, Choi W jeong, Choi S ah, et al. The effect of scapular posterior tilt exercise, pectoralis minor stretching, and shoulder brace on scapular alignment and muscles activity in subjects with round-shoulder posture. *Journal of Electromyography and Kinesiology*. févr 2015;25(1):107-14.
218. Lee JH, Park JS, Park HJ, Ryoo HJ, Jeong WK. Are Rotator Muscle Performance and Posterior Shoulder Capsule Tightness Related to Glenohumeral Internal Rotation Deficit in Male College Baseball Players? *Clin Orthop Surg*. 2022;14(4):576.
219. Lee J, Consigliere P, Fawzy E, Mariani L, Witney-Lagen C, Natera L, et al. Accelerated rehabilitation following reverse total shoulder arthroplasty. *Journal of Shoulder and Elbow Surgery*. sept 2021;30(9):e545-57.
220. Lee JH, Jeon HG, Yoon YJ. Effects of Exercise Intervention (with and without Joint Mobilization) in Patients with Adhesive Capsulitis: A Systematic Review and Meta-Analysis. *Healthcare*. 22 mai 2023;11(10):1504.
221. Lee JH, Jeon HG, Yoon YJ. Effects of Exercise Intervention (with and without Joint Mobilization) in Patients with Adhesive Capsulitis: A Systematic Review and Meta-Analysis. *Healthcare*. 22 mai 2023;11(10):1504.
222. Lee SB, Nakajima T, Luo ZP, Zobitz ME, Chang YW, An KN. The bursal and articular sides of the supraspinatus tendon have a different compressive stiffness. *Clinical Biomechanics*. 2000;7.
223. Lefèvre-Colau MM, Nguyen C, Palazzo C, Srour F, Paris G, Vuillemin V, et al. Kinematic patterns in normal and degenerative shoulders. Part II: Review of 3-D scapular kinematic patterns in patients with shoulder pain, and clinical implications. *Annals of Physical and Rehabilitation Medicine*. janv 2018;61(1):46-53.
224. Lefèvre-Colau MM, Nguyen C, Palazzo C, Srour F, Paris G, Vuillemin V, et al. Recent advances in kinematics of the shoulder complex in healthy people. *Annals of Physical and Rehabilitation Medicine*. janv 2018;61(1):56-9.
225. Lehman GJ. The Role and Value of Symptom-Modification Approaches in Musculoskeletal Practice. *J Orthop Sports Phys Ther*. juin 2018;48(6):430-5.
226. Lephart SM, Pincivero DM, Giraido JL, Fu FH. The Role of Proprioception in the Management and Rehabilitation of Athletic Injuries. *Am J Sports Med*. janv 1997;25(1):130-7.
227. Lephart SM, Pincivero DM, Giraido JL, Fu FH. The Role of Proprioception in the Management and Rehabilitation of Athletic Injuries. *Am J Sports Med*. janv 1997;25(1):130-7.
228. Leung M, Rantalainen T, Teo WP, Kidgell D. The corticospinal responses of metronome-paced, but not self-paced strength training are similar to motor skill training. *Eur J Appl Physiol*. déc 2017;117(12):2479-92.
229. Levy JC, Berglund D, Vakharia R, Tahal DS, Mijc D, DeVito P, et al. Midterm results of anatomic total shoulder arthroplasty with a third-generation implant. *Journal of Shoulder and Elbow Surgery*. avr 2019;28(4):698-705.
230. Levy O, Mullett H, Roberts S, Copeland S. The role of anterior deltoid reeducation in patients with massive irreparable degenerative rotator cuff tears. *Journal of Shoulder and Elbow Surgery*. nov 2008;17(6):863-70.
231. Lewis JS. Rotator cuff tendinopathy/subacromial impingement syndrome: is it time for a new method of assessment? *British Journal of Sports Medicine*. 1 avr 2009;43(4):259-64.
232. Lewis J. Frozen shoulder contracture syndrome – Aetiology, diagnosis and management. *Manual Therapy*. févr 2015;20(1):2-9.
233. Lewis J, O'Sullivan P. Is it time to reframe how we care for people with non-traumatic musculoskeletal pain? *Br J Sports Med*. déc 2018;52(24):1543-4.
234. Lewis JS, McCreesh K, Barratt E, Hegedus EJ, Sim J. Inter-rater reliability of the Shoulder Symptom Modification Procedure in people with shoulder pain. *BMJ Open Sport Exerc Med*. nov 2016;2(1):e000181.
235. Lewis JS, Green A, Wright C. Subacromial impingement syndrome: The role of posture and muscle imbalance. *Journal of Shoulder and Elbow Surgery*. juill 2005;14(4):385-92.
236. Littlewood C, Malliaras P, Chance-Larsen K. Therapeutic exercise for rotator cuff tendinopathy: a systematic review of contextual factors and prescription parameters. *International Journal of Rehabilitation Research*. juin 2015;38(2):95-106.
237. Ludewig PM, Cook TM. Alterations in Shoulder Kinematics and Associated Muscle Activity in People With Symptoms of Shoulder Impingement. *Physical Therapy*. 1 mars 2000;80(3):276-91.
238. Ludewig PM, Cook TM. Translations of the Humerus in Persons With Shoulder Impingement Symptoms. *J Orthop Sports Phys Ther*. juin 2002;32(6):248-59.

239. Ludewig PM, Cook TM. Translations of the Humerus in Persons With Shoulder Impingement Symptoms. *J Orthop Sports Phys Ther.* juin 2002;32(6):248-59.
240. Ludewig PM, Reynolds JF. The Association of Scapular Kinematics and Glenohumeral Joint Pathologies. *J Orthop Sports Phys Ther.* févr 2009;39(2):90-104.
241. Lui PPY, Chan LS, Cheuk YC, Lee YW, Chan KM. Expression of Bone Morphogenetic Protein-2 in the Chondrogenic and Ossifying Sites of Calcific Tendinopathy and Traumatic Tendon Injury Rat Models. *J Orthop Surg Res.* déc 2009;4(1):27.
242. MacDermid JC, Ramos J, Drosdoweck D, Faber K, Patterson S. The impact of rotator cuff pathology on isometric and isokinetic strength, function, and quality of life. *Journal of Shoulder and Elbow Surgery.* nov 2004;13(6):593-8.
243. Macías-Hernández SI, García-Morales JR, Hernández-Díaz C, Tapia-Ferrusco I, Velez-Gutiérrez OB, Nava-Bringas TI. Tolerance and effectiveness of eccentric vs. concentric muscle strengthening in rotator cuff partial tears and moderate to severe shoulder pain. A randomized pilot study. *Journal of Clinical Orthopaedics and Trauma.* mars 2021;14:106-12.
244. Malige A, Morton PN, Carolan GF, Sokunbi G. The operative treatment of shoulder pain in patients with a concurrent diagnosis of cervical spondylosis and shoulder dysfunction. *J Spine Surg.* juin 2019;5(2):207-14.
245. Manske RC, Prohaska D. Diagnosis and management of adhesive capsulitis. *Curr Rev Musculoskelet Med.* déc 2008;1(3-4):180-9.
246. Marc T, Rifkin D, Gaudin T, Teissier J, Bonnel F. Rééducation d'une épaule douloureuse, faire simple ou compliqué ? Faire compliqué. *Revue du Rhumatisme Monographies.* juin 2010;77(3):246-52.
247. Marco B, Evans D, Symonds N, Peolsson A, Coppieters MW, Jull G, et al. Determining the level of cervical radiculopathy: Agreement between visual inspection of pain drawings and magnetic resonance imaging. *Pain Practice.* janv 2023;23(1):32-40.
248. Martinez-Calderon J, Flores-Cortes M, Morales-Asencio JM, Luque-Suarez A. Pain-Related Fear, Pain Intensity and Function in Individuals With Chronic Musculoskeletal Pain: A Systematic Review and Meta-Analysis. *The Journal of Pain.* déc 2019;20(12):1394-415.
249. Marvel MK, Epstein RM, Flowers K, Beckman HB. Soliciting the Patient's Agenda: Have We Improved? *JAMA.* 20 janv 1999;281(3):283.
250. Marzetti E, Rabini A, Piccinini G, Piazzini DB, Vulpiani MC, Vetrano M, et al. Neurocognitive therapeutic exercise improves pain and function in patients with shoulder impingement syndrome: a single-blind randomized controlled clinical trial. *EUROPEAN JOURNAL OF PHYSICAL AND REHABILITATION MEDICINE.* 2014;50(3):10.
251. Marzetti E, Rabini A, Piccinini G, Piazzini DB, Vulpiani MC, Vetrano M, et al. Neurocognitive therapeutic exercise improves pain and function in patients with shoulder impingement syndrome: a single-blind randomized controlled clinical trial. *EUROPEAN JOURNAL OF PHYSICAL AND REHABILITATION MEDICINE.* 2014;50(3):10.
252. Mastromarchi P, May S. First rib dysfunction in patients with neck and shoulder pain: a Delphi investigation. *Journal of Manual & Manipulative Therapy.* 4 mai 2021;29(3):181-8.
253. Mavrikakis ME, Drimis S, Kontoyannis DA, Rasidakis A, Mouloupoulou ES, Kontoyannis S. Calcific shoulder periarthritis (tendinitis) in adult onset diabetes mellitus: a controlled study.
254. McAnany SJ, Rhee JM, Baird EO, Shi W, Konopka J, Neustein TM, et al. Observed patterns of cervical radiculopathy: how often do they differ from a standard, "Netter diagram" distribution? *The Spine Journal.* juill 2019;19(7):1137-42.
255. McCartney S, Baskerville R, Blagg S, McCartney D. Cervical radiculopathy and cervical myelopathy: diagnosis and management in primary care. *Br J Gen Pract.* janv 2018;68(666):44-6.
256. McClatchie L, Laprade J, Martin S, Jaglal SB, Richardson D, Agur A. Mobilizations of the asymptomatic cervical spine can reduce signs of shoulder dysfunction in adults. *Manual Therapy.* août 2009;14(4):369-74.
257. McCormick JR, Sama AJ, Schiller NC, Butler AJ, Donnally CJ. Cervical Spondylotic Myelopathy: A Guide to Diagnosis and Management. *J Am Board Fam Med.* mars 2020;33(2):303-13.
258. McCormick WE, Steinmetz MP, Benzel EC. Cervical spondylotic myelopathy: make the difficult diagnosis, then refer for surgery. *Cleveland Clinic Journal of Medicine.* 1 oct 2003;70(10):899-904.

259. McCreesh KM, Purtill H, Donnelly AE, Lewis JS. Increased supraspinatus tendon thickness following fatigue loading in rotator cuff tendinopathy: potential implications for exercise therapy. *BMJ Open Sport Exerc Med.* déc 2017;3(1):e000279.
260. McCully SP, Suprak DN, Kosek P, Karduna AR. Suprascapular nerve block disrupts the normal pattern of scapular kinematics. *Clinical Biomechanics.* juill 2006;21(6):545-53.
261. Mertens MG, Meert L, Struyf F, Schwank A, Meeus M. Exercise Therapy Is Effective for Improvement in Range of Motion, Function, and Pain in Patients With Frozen Shoulder: A Systematic Review and Meta-analysis. *Archives of Physical Medicine and Rehabilitation.* mai 2022;103(5):998-1012.e14.
262. Meyers C, Lisiecki J, Miller S, Levin A, Fayad L, Ding C, et al. Heterotopic Ossification: A Comprehensive Review. *JBMR Plus.* avr 2019;3(4):e10172.
263. Millar NL, Wei AQ, Molloy TJ, Bonar F, Murrell GAC. Heat Shock Protein and Apoptosis in Supraspinatus Tendinopathy. *Clinical Orthopaedics & Related Research.* juill 2008;466(7):1569-76.
264. Miller JE, Higgins LD, Dong Y, Collins JE, Bean JF, Seitz AL, et al. Association of Strength Measurement with Rotator Cuff Tear in Patients with Shoulder Pain: The Rotator Cuff Outcomes Workgroup Study. *American Journal of Physical Medicine & Rehabilitation.* janv 2016;95(1):47-56.
265. Minagawa H, Yamamoto N, Abe H, Fukuda M, Seki N, Kikuchi K, et al. Prevalence of symptomatic and asymptomatic rotator cuff tears in the general population: From mass-screening in one village. *Journal of Orthopaedics.* mars 2013;10(1):8-12.
266. Minns Lowe C, Barrett E, McCreesh K, de Búrca N, Lewis J. Clinical effectiveness of non-surgical interventions for primary frozen shoulder: A systematic review. *J Rehabil Med.* 2019;0.
267. Minns Lowe C, Barrett E, McCreesh K, De Búrca N, Lewis J. Clinical effectiveness of non-surgical interventions for primary frozen shoulder: A systematic review. *J Rehabil Med.* 2019;0.
268. Mintken PE, Cleland JA, Carpenter KJ, Bieniek ML, Keirns M, Whitman JM. Some Factors Predict Successful Short-Term Outcomes in Individuals With Shoulder Pain Receiving Cervicothoracic Manipulation: A Single-Arm Trial. *Physical Therapy.* 1 janv 2010;90(1):26-42.
269. Mintken PE, Cleland JA, Carpenter KJ, Bieniek ML, Keirns M, Whitman JM. Some Factors Predict Successful Short-Term Outcomes in Individuals With Shoulder Pain Receiving Cervicothoracic Manipulation: A Single-Arm Trial. *Physical Therapy.* 1 janv 2010;90(1):26-42.
270. Mintken PE, McDevitt AW, Cleland JA, Boyles RE, Beardslee AR, Burns SA, et al. Cervicothoracic Manual Therapy Plus Exercise Therapy Versus Exercise Therapy Alone in the Management of Individuals With Shoulder Pain: A Multicenter Randomized Controlled Trial. *J Orthop Sports Phys Ther.* août 2016;46(8):617-28.
271. Mintken PE, McDevitt AW, Cleland JA, Boyles RE, Beardslee AR, Burns SA, et al. Cervicothoracic Manual Therapy Plus Exercise Therapy Versus Exercise Therapy Alone in the Management of Individuals With Shoulder Pain: A Multicenter Randomized Controlled Trial. *J Orthop Sports Phys Ther.* août 2016;46(8):617-28.
272. Mizer A, Bachmann A, Gibson J, Donaldson MB. Self-report and subjective history in the diagnosis of painful neck conditions: A systematic review of diagnostic accuracy studies. *Musculoskeletal Science and Practice.* oct 2017;31:30-44.
273. Mizer A, Bachmann A, Gibson J, Donaldson MB. Self-report and subjective history in the diagnosis of painful neck conditions: A systematic review of diagnostic accuracy studies. *Musculoskeletal Science and Practice.* oct 2017;31:30-44.
274. Momma D, Nimura A, Muro S, Fujishiro H, Miyamoto T, Funakoshi T, et al. Anatomic analysis of the whole articular capsule of the shoulder joint, with reference to the capsular attachment and thickness. *J EXP ORTOP.* déc 2018;5(1):16.
275. Moosmayer S, Smith HJ, Tariq R, Larmo A. Prevalence and characteristics of asymptomatic tears of the rotator cuff: AN ULTRASONOGRAPHIC AND CLINICAL STUDY. *The Journal of Bone and Joint Surgery British volume.* févr 2009;91-B(2):196-200.
276. Mor D, Bembrick AL, Austin PJ, Wyllie PM, Creber NJ, Denyer GS, et al. Anatomically specific patterns of glial activation in the periaqueductal gray of the sub-population of rats showing pain and disability following chronic constriction injury of the sciatic nerve. *Neuroscience.* avr 2010;166(4):1167-84.
277. Moseley JB, Jobe FW, Pink M, Perry J, Tibone J. EMG analysis of the scapular muscles during a shoulder rehabilitation program. *Am J Sports Med.* mars 1992;20(2):128-34
278. Müller S, Gabbett T, McNeil D. Reducing Injury Risk and Improving Skill: How a Psycho-Perceptual-Motor Approach Can Benefit High-Performance Sport. *Sports Health: A Multidisciplinary Approach.* mai 2023;15(3):315-7.

279. Murphy DR, Hurwitz EL, Gerrard JK, Clary R. Pain patterns and descriptions in patients with radicular pain: Does the pain necessarily follow a specific dermatome? *Chiropr Man Therap.* déc 2009;17(1):9.
280. Muth S, Barbe MF, Lauer R, McClure P. The Effects of Thoracic Spine Manipulation in Subjects With Signs of Rotator Cuff Tendinopathy. *J Orthop Sports Phys Ther.* déc 2012;42(12):1005-16.
281. Muth S, Barbe MF, Lauer R, McClure P. The Effects of Thoracic Spine Manipulation in Subjects With Signs of Rotator Cuff Tendinopathy. *J Orthop Sports Phys Ther.* déc 2012;42(12):1005-16.
282. Myers JB, Hwang JH, Pasquale MR, Blackburn JT, Lephart SM. Rotator cuff coactivation ratios in participants with subacromial impingement syndrome. *Journal of Science and Medicine in Sport.* nov 2009;12(6):603-8.
283. Myers JB, Laudner KG, Pasquale MR, Bradley JP, Lephart SM. Glenohumeral Range of Motion Deficits and Posterior Shoulder Tightness in Throwers with Pathologic Internal Impingement. *Am J Sports Med.* mars 2006;34(3):385-91.
284. Nee RJ, Jull GA, Vicenzino B, Coppeters MW. The Validity of Upper-Limb Neurodynamic Tests for Detecting Peripheral Neuropathic Pain. *Journal of Orthopaedic & Sports Physical Therapy.* mai 2012;42(5):413-24.
285. nickefthimiou. Physio Network. 2022 [cité 25 sept 2023]. Raisonement clinique en thérapie manuelle. Disponible sur: <https://www.physio-network.com/fr/blog/raisonement-clinique-en-therapie-manuelle/>
286. Nieboer MJ, Hao KA, Tams C, King JJ, Wright TW, Parsons M, et al. Quantifying success after reverse total shoulder arthroplasty: the substantial clinically important percentage of maximal possible improvement. *Journal of Shoulder and Elbow Surgery.* déc 2023;32(12):2501-7.
287. Nim CG, Downie A, O'Neill S, Kawchuk GN, Perle SM, Leboeuf-Yde C. The importance of selecting the correct site to apply spinal manipulation when treating spinal pain: Myth or reality? A systematic review. *Sci Rep.* 3 déc 2021;11(1):23415.
288. Nora DB, Becker J, Ehlers JA, Gomes I. Clinical features of 1039 patients with neurophysiological diagnosis of carpal tunnel syndrome. *Clinical Neurology and Neurosurgery.* déc 2004;107(1):64-9.
289. O'Brien EJO, Frank CB, Shrive NG, Hallgrímsson B, Hart DA. Heterotopic mineralization (ossification or calcification) in tendinopathy or following surgical tendon trauma. *Int J Experimental Path.* oct 2012;93(5):319-31.
290. Ogon P, Suedkamp NP, Jaeger M, Izadpanah K, Koestler W, Maier D. Prognostic factors in nonoperative therapy for chronic symptomatic calcific tendinitis of the shoulder.
291. Ogon P, Suedkamp NP, Jaeger M, Izadpanah K, Koestler W, Maier D. Prognostic factors in nonoperative therapy for chronic symptomatic calcific tendinitis of the shoulder. *Arthritis & Rheumatism.* oct 2009;60(10):2978-84.
292. Oliva F, Barisani D, Grasso A, Maffulli N. GENE EXPRESSION ANALYSIS IN CALCIFIC TENDINOPATHY OF THE ROTATOR CUFF.
293. Oliva F, Osti L, Padulo J, Maffulli N. Epidemiology of the rotator cuff tears: a new incidence related to thyroid disease.
294. Oliva F, Via AG, Maffulli N. 1 Calcific Tendinopathy of the Rotator Cuff Tendons.
295. Paletta GA, Warner JJP, Warren RF, Deutsch A, Altchek DW. Shoulder kinematics with two-plane x-ray evaluation in patients with anterior instability or rotator cuff tearing. *Journal of Shoulder and Elbow Surgery.* nov 1997;6(6):516-27.
296. Papacharalambous C, Savva C, Karagiannis C, Giannakou K. The effectiveness of slider and tensioner neural mobilization techniques in the management of upper quadrant pain: A systematic review of randomized controlled trials. *Journal of Bodywork and Movement Therapies.* 1 juill 2022;31:102-12.
297. Papacharalambous C, Savva C, Karagiannis C, Giannakou K. The effectiveness of slider and tensioner neural mobilization techniques in the management of upper quadrant pain: A systematic review of randomized controlled trials. *Journal of Bodywork and Movement Therapies.* 1 juill 2022;31:102-12.
298. Parada SA, Flurin PH, Wright TW, Zuckerman JD, Elwell JA, Roche CP, et al. Comparison of complication types and rates associated with anatomic and reverse total shoulder arthroplasty. *Journal of Shoulder and Elbow Surgery.* avr 2021;30(4):811-8.

299. Parle PJ, Riddiford-Harland DL, Howitt CD, Lewis JS. Acute rotator cuff tendinopathy: does ice, low load isometric exercise, or a combination of the two produce an analgesic effect? *Br J Sports Med.* févr 2017;51(3):208-9.
300. Peek AL, Miller C, Heneghan NR. Thoracic manual therapy in the management of non-specific shoulder pain: a systematic review. *Journal of Manual & Manipulative Therapy.* sept 2015;23(4):176-87.
301. Peek AL, Miller C, Heneghan NR. Thoracic manual therapy in the management of non-specific shoulder pain: a systematic review. *Journal of Manual & Manipulative Therapy.* sept 2015;23(4):176-87.
302. Pennock AT, Pennington WW, Torry MR, Decker MJ, Vaishnav SB, Provencher MT, et al. The Influence of Arm and Shoulder Position on the Bear-Hug, Belly-Press, and Lift-Off Tests: An Electromyographic Study. *Am J Sports Med.* nov 2011;39(11):2338-46.
303. Petrillo S, Longo UG, Margiotti K, Candela V, Fusilli C, Rizzello G, et al. Genetic factors in rotator cuff pathology: potential influence of col 5A1 polymorphism in outcomes of rotator cuff repair. *BMC Med Genet.* déc 2020;21(1):82.
304. Piatti M, Mosca A, Omeljaniuk RJ, Turati M, Gaddi D, Bigoni M. Comparison of isometric strength in rotator cuff and scapulothoracic muscles between elite volleyball athletes versus non-athletes. *J Sports Med Phys Fitness [Internet].* août 2023 [cité 20 oct 2023]; Disponible sur: <https://www.minervamedica.it/index2.php?show=R40Y9999N00A23080401>
305. Pieters L, Lewis J, Kuppens K, Jochems J, Bruijstens T, Joossens L, et al. An Update of Systematic Reviews Examining the Effectiveness of Conservative Physiotherapy Interventions for Subacromial Shoulder Pain. :33.
306. Pieters L, Lewis J, Kuppens K, Jochems J, Bruijstens T, Joossens L, et al. An Update of Systematic Reviews Examining the Effectiveness of Conservative Physical Therapy Interventions for Subacromial Shoulder Pain. *J Orthop Sports Phys Ther.* mars 2020;50(3):131-41.
307. Powell AC, Rogstad TL, Elliott SW, Price SE, Long JW, Deshmukh UU, et al. Health Care Utilization and Pain Outcomes Following Early Imaging for Low Back Pain in Older Adults. *J Am Board Fam Med.* nov 2019;32(6):773-80.
308. Puentedura EJ, Cleland JA, Landers MR, Mintken P, Louw A, Fernández-de-las-Peñas C. Development of a Clinical Prediction Rule to Identify Patients With Neck Pain Likely to Benefit From Thrust Joint Manipulation to the Cervical Spine. *J Orthop Sports Phys Ther.* juill 2012;42(7):577-92.
309. Rajasekaran S, Dilip Chand Raja S, Pushpa BT, Ananda KB, Ajoy Prasad S, Rishi MK. The catastrophization effects of an MRI report on the patient and surgeon and the benefits of 'clinical reporting': results from an RCT and blinded trials. *Eur Spine J.* juill 2021;30(7):2069-81.
310. Rangan A, Gibson J, Brownson P, Thomas M, Rees J, Kulkarni R. Frozen Shoulder. *Shoulder & Elbow.* oct 2015;7(4):299-307.
311. Rawat P, Eapen C, Seema KP. Effect of rotator cuff strengthening as an adjunct to standard care in subjects with adhesive capsulitis: A randomized controlled trial. *Journal of Hand Therapy.* juill 2017;30(3):235-241.e8.
312. Razmjou H, Osnabrugge VV, Anunciacion M, Nunn A, Drosdowech D, Roszkowski A, et al. Maximizing Muscle Function in Cuff-Deficient Shoulders: A Rehabilitation Proposal for Reverse Arthroplasty. *Journal of Shoulder and Elbow Arthroplasty.* janv 2021;5:247154922110233.
313. Rechberger V, Biberschick M, Porthun J. Effectiveness of an osteopathic treatment on the autonomic nervous system: a systematic review of the literature. *Eur J Med Res.* déc 2019;24(1):36.
314. Reddy AS, Mohr KJ, Pink MM, Jobe FW. Electromyographic analysis of the deltoid and rotator cuff muscles in persons with subacromial impingement. *Journal of Shoulder and Elbow Surgery.* nov 2000;9(6):519-23.
315. Reed D, Cathers I, Halaki M, Ginn K. Does supraspinatus initiate shoulder abduction? *Journal of Electromyography and Kinesiology.* avr 2013;23(2):425-9.
316. Reed D, Cathers I, Halaki M, Ginn K. Does supraspinatus initiate shoulder abduction? *Journal of Electromyography and Kinesiology.* avr 2013;23(2):425-9.
317. Reed D, Cathers I, Halaki M, Ginn KA. Does changing the plane of abduction influence shoulder muscle recruitment patterns in healthy individuals? *Manual Therapy.* févr 2016;21:63-8.

318. Reed D, Cathers I, Halaki M, Ginn KA. Does load influence shoulder muscle recruitment patterns during scapular plane abduction? *Journal of Science and Medicine in Sport*. sept 2016;19(9):755-60.
319. Reed D, Cathers I, Halaki M, Ginn KA. Does load influence shoulder muscle recruitment patterns during scapular plane abduction? *Journal of Science and Medicine in Sport*. sept 2016;19(9):755-60.
320. Reed D, Cathers I, Halaki M, Ginn KA. Shoulder muscle activation patterns and levels differ between open and closed-chain abduction. *Journal of Science and Medicine in Sport*. mai 2018;21(5):462-6.
321. Rees JD, Maffulli N, Cook J. Management of Tendinopathy. *Am J Sports Med*. sept 2009;37(9):1855-67.
322. Reilly P, Amis AA, Wallace AL, Emery RJH. Mechanical factors in the initiation and propagation of tears of the rotator cuff: QUANTIFICATION OF STRAINS OF THE SUPRASPINATUS TENDON IN VITRO. *The Journal of Bone and Joint Surgery British volume*. mai 2003;85-B(4):594-9.
323. Rhon DI, Deyle GD. Manual Therapy: Always a Passive Treatment? *Journal of Orthopaedic & Sports Physical Therapy*. oct 2021;51(10):474-7.
324. Richardson E, Lewis JS, Gibson J, Morgan C, Halaki M, Ginn K, et al. Role of the kinetic chain in shoulder rehabilitation: does incorporating the trunk and lower limb into shoulder exercise regimes influence shoulder muscle recruitment patterns? Systematic review of electromyography studies. *BMJ Open Sport Exerc Med*. avr 2020;6(1):e000683.
325. Ridehalgh C, Sandy-Hindmarch OP, Schmid AB. Validity of Clinical Small-Fiber Sensory Testing to Detect Small-Nerve Fiber Degeneration. *Journal of Orthopaedic & Sports Physical Therapy*. oct 2018;48(10):767-74.
326. Riley GP, Harrall RL, Constant CR, Chard MD, Cawston TE, Hazleman BL. Tendon degeneration and chronic shoulder pain: changes in the collagen composition of the human rotator cuff tendons in rotator cuff tendinitis. *Annals of the Rheumatic Diseases*. 1 juin 1994;53(6):359-66.
327. Riley G. Tendinopathy—from basic science to treatment. *Nat Rev Rheumatol*. févr 2008;4(2):82-9.
328. Riley G. Tendinopathy—from basic science to treatment. *Nat Rev Rheumatol*. févr 2008;4(2):82-9.
329. Riley SP, Cote MP, Leger RR, Swanson BT, Tafuto V, Sizer PS, et al. Short-term effects of thoracic spinal manipulations and message conveyed by clinicians to patients with musculoskeletal shoulder symptoms: a randomized clinical trial. *Journal of Manual & Manipulative Therapy*. 23 févr 2015;23(1):3-11.
330. Rio E, Kidgell D, Moseley GL, Gaida J, Docking S, Purdam C, et al. Tendon neuroplastic training: changing the way we think about tendon rehabilitation: a narrative review. *Br J Sports Med*. févr 2016;50(4):209-15.
331. Rio E, Kidgell D, Moseley GL, Gaida J, Docking S, Purdam C, et al. Tendon neuroplastic training: changing the way we think about tendon rehabilitation: a narrative review. *Br J Sports Med*. févr 2016;50(4):209-15.
332. Rio E, Kidgell D, Purdam C, Gaida J, Moseley GL, Pearce AJ, et al. Isometric exercise induces analgesia and reduces inhibition in patellar tendinopathy. *Br J Sports Med*. oct 2015;49(19):1277-83.
333. Roberts S, Dearne R, Keen S, Littlewood C, Taylor S, Deacon P. Routine X-rays for suspected frozen shoulder offer little over diagnosis based on history and clinical examination alone. *Musculoskeletal Care*. juin 2019;17(2):288-92.
334. Roche CP. Reverse Shoulder Arthroplasty Biomechanics. *JFMK*. 19 janv 2022;7(1):13.
335. Roren A, Nguyen C, Palazzo C, Fayad F, Revel M, Gregory T, et al. Kinematic analysis of the shoulder complex after anatomic and reverse total shoulder arthroplasty: A cross-sectional study. *Musculoskeletal Science and Practice*. juin 2017;29:84-90.
336. Rossettini G, Carlino E, Testa M. Clinical relevance of contextual factors as triggers of placebo and nocebo effects in musculoskeletal pain. *BMC Musculoskelet Disord*. déc 2018;19(1):27.
337. Roy JS, Moffet H, McFadyen BJ, Lirette R. Impact of movement training on upper limb motor strategies in persons with shoulder impingement syndrome. *BMC Sports Sci Med Rehabil*. déc 2009;1(1):8.

338. Royer PJ, Kane EJ, Parks KE, Morrow JC, Moravec RR, Christie DS, et al. Fluoroscopic assessment of rotator cuff fatigue on glenohumeral arthrokinematics in shoulder impingement syndrome. *Journal of Shoulder and Elbow Surgery*. nov 2009;18(6):968-75.
339. Rudy IS, Poulos A, Owen L, Batters A, Kieliszek K, Willox J, et al. The correlation of radiographic findings and patient symptomatology in cervical degenerative joint disease: a cross-sectional study. *Chiropr Man Therap*. déc 2015;23(1):9.
340. Ryan V, Brown H, Minns Lowe CJ, Lewis JS. The pathophysiology associated with primary (idiopathic) frozen shoulder: A systematic review. *BMC Musculoskelet Disord*. déc 2016;17(1):340.
341. Safran MR, Borsa PA, Lephart SM, Fu FH, Warner JJP. Shoulder proprioception in baseball pitchers. *Journal of Shoulder and Elbow Surgery*. sept 2001;10(5):438-44.
342. Safran MR, Borsa PA, Lephart SM, Fu FH, Warner JJP. Shoulder proprioception in baseball pitchers. *Journal of Shoulder and Elbow Surgery*. sept 2001;10(5):438-44.
343. Sahin E, Dilek B, Baydar M, Gundogdu M, Ergin B, Manisali M, et al. Shoulder proprioception in patients with subacromial impingement syndrome. :7.
344. Sajid IM, Parkunan A, Frost K. Unintended consequences: quantifying the benefits, iatrogenic harms and downstream cascade costs of musculoskeletal MRI in UK primary care. *BMJ Open Qual*. juill 2021;10(3):e001287.
345. Sansone V, Consonni O, Maiorano E, Meroni R, Goddi A. Calcific tendinopathy of the rotator cuff: the correlation between pain and imaging features in symptomatic and asymptomatic female shoulders. *Skeletal Radiol*.
346. Sansone V, Maiorano E, Applefield RC, Gandola M, Negrini F. Strength Reduction in Unilateral Shoulder Pain: Is the Healthy Side Really Healthy in Rotator Cuff Disease? *Am J Phys Med Rehabil*. mai 2019;98(5):382-6.
347. Sansone V, Pascale V. perspectives into the mechanisms, pathogenesis, and treatment. *Orthopedic Research and Reviews*.
348. Satpute K, Reid S, Mitchell T, Mackay G, Hall T. Efficacy of mobilization with movement (MWM) for shoulder conditions: a systematic review and meta-analysis. *Journal of Manual & Manipulative Therapy*. 2 janv 2022;30(1):13-32.
349. Sauer SK, Bove GM, Averbeck B, Reeh PW. Rat peripheral nerve components release calcitonin gene-related peptide and prostaglandin E2 in response to noxious stimuli: evidence that nervi nervorum are nociceptors. *Neuroscience*. août 1999;92(1):319-25.
350. Savoie A, Mercier C, Desmeules F, Frémont P, Roy JS. Effects of a movement training oriented rehabilitation program on symptoms, functional limitations and acromiohumeral distance in individuals with subacromial pain syndrome. *Manual Therapy*. oct 2015;20(5):703-8.
351. Schäfer A, Hall T, Briffa K. Classification of low back-related leg pain—A proposed patho-mechanism-based approach. *Manual Therapy*. avr 2009;14(2):222-30.
352. Schäfer A, Hall T, Müller G, Briffa K. Outcomes differ between subgroups of patients with low back and leg pain following neural manual therapy: a prospective cohort study. *Eur Spine J*. mars 2011;20(3):482-90.
353. Schmid AB, Brunner F, Luomajoki H, Held U, Bachmann LM, Künzer S, et al. Reliability of clinical tests to evaluate nerve function and mechanosensitivity of the upper limb peripheral nervous system. *BMC Musculoskelet Disord*. déc 2009;10(1):11.
354. Schmid AB, Coppieters MW, Ruitenberg MJ, McLachlan EM. Local and Remote Immune-Mediated Inflammation After Mild Peripheral Nerve Compression in Rats. *J Neuropathol Exp Neurol*. 2013;72(7).
355. Schmid AB, Fundaun J, Tampin B. Entrapment neuropathies: a contemporary approach to pathophysiology, clinical assessment, and management. *PAIN Reports*. 2020;
356. Schmid AB, Coppieters MW. The double crush syndrome revisited - A Delphi study to reveal current expert views on mechanisms underlying dual nerve disorders. *Manual Therapy*. déc 2011;16(6):557-62.
357. Schmid AB, Coppieters MW. The double crush syndrome revisited - A Delphi study to reveal current expert views on mechanisms underlying dual nerve disorders. *Manual Therapy*. déc 2011;16(6):557-62.
358. Schmid AB, Hailey L, Tampin B. Entrapment Neuropathies: Challenging Common Beliefs With Novel Evidence. *Journal of Orthopaedic & Sports Physical Therapy*. févr 2018;48(2):58-62.

359. Schneider GM, Jull G, Thomas K, Smith A, Emery C, Faris P, et al. Derivation of a Clinical Decision Guide in the Diagnosis of Cervical Facet Joint Pain. *Archives of Physical Medicine and Rehabilitation*. sept 2014;95(9):1695-701.
360. Schwellnus M, Soligard T, Alonso JM, Bahr R, Clarsen B, Dijkstra HP, et al. How much is too much? (Part 2) International Olympic Committee consensus statement on load in sport and risk of illness. *Br J Sports Med*. sept 2016;50(17):1043-52.
361. Sheikhzadeh A, Wertli MM, Weiner SS, Rasmussen-Barr E, Weiser S. Do psychological factors affect outcomes in musculoskeletal shoulder disorders? A systematic review. *BMC Musculoskelet Disord*. déc 2021;22(1):560.
362. Sher JS, Uribe JW, Posada A, Murphy BJ, Zlatkin MB. Abnormal findings on magnetic resonance images of asymptomatic shoulders.: *The Journal of Bone & Joint Surgery*. janv 1995;77(1):10-5.
363. Sher JS, Uribe JW, Posada A, Murphy BJ, Zlatkin MB. Abnormal findings on magnetic resonance images of asymptomatic shoulders.: *The Journal of Bone & Joint Surgery*. janv 1995;77(1):10-5.
364. Shitara H, Ichinose T, Shimoyama D, Sasaki T, Hamano N, Kamiyama M, et al. Neuroplasticity Caused by Peripheral Proprioceptive Deficits. *Medicine & Science in Sports & Exercise*. janv 2022;54(1):28-37.
365. Shitara H, Shimoyama D, Sasaki T, Hamano N, Ichinose T, Yamamoto A, et al. The Neural Correlates of Shoulder Apprehension: A Functional MRI Study. Schalk G, éditeur. *PLoS ONE*. 9 sept 2015;10(9):e0137387.
366. Simpson M, Pizzari T, Cook T, Wildman S, Lewis J. EFFECTIVENESS OF NON-SURGICAL INTERVENTIONS FOR ROTATOR CUFF CALCIFIC TENDINOPATHY: A SYSTEMATIC REVIEW. *J Rehabil Med*. 2020;
367. Sizer PS, Brismée J, Cook C. Medical Screening for Red Flags in the Diagnosis and Management of Musculoskeletal Spine Pain. *Pain Practice*. mars 2007;7(1):53-71.
368. Sleijser-Koehorst MLS, Coppieters MW, Epping R, Rooker S, Verhagen AP, Scholten-Peeters GGM. Diagnostic accuracy of patient interview items and clinical tests for cervical radiculopathy. *Physiotherapy*. juin 2021;111:74-82.
369. Smith BE, Hendrick P, Smith TO, Bateman M, Moffatt F, Rathleff MS, et al. Should exercises be painful in the management of chronic musculoskeletal pain? A systematic review and meta-analysis. *Br J Sports Med*. déc 2017;51(23):1679-87.
370. Smith KM, Presson AP, Zhang C, Horns JJ, Hotaling JM, Tashjian RZ, et al. Does diabetes mellitus predispose to both rotator cuff surgery and subsequent failure? *JSES International*. juill 2021;5(4):636-41.
371. Smith M, Sparkes V, Busse M, Enright S. Upper and lower trapezius muscle activity in subjects with subacromial impingement symptoms: Is there imbalance and can taping change it? *Physical Therapy in Sport*. mai 2009;10(2):45-50.
372. Smith M, Sparkes V, Busse M, Enright S. Upper and lower trapezius muscle activity in subjects with subacromial impingement symptoms: Is there imbalance and can taping change it? *Physical Therapy in Sport*. mai 2009;10(2):45-50.
373. So BCL, Lau SCT, Kwok WY, Tse DHT, Man SS. Investigating The Association Between Supraspinatus Tendon Abnormality, Shoulder Pain and Isokinetic Strength in Elite Swimmers: A Cross-Sectional Study. *jsportscimed*. 15 déc 2022;17-27.
374. Sporrang H, Palmerud G, Herberts P. Hand grip increases shoulder muscle activity: An EMG analysis with static handcontractions in 9 subjects. *Acta Orthopaedica Scandinavica*. janv 1996;67(5):485-90.
375. Srour F, Nourissat G. Adhesive capsulitis: understanding of the disease, clinical assessment, and treatments. 2021;(3).
376. Steenbrink F, de Groot JH, Veeger HEJ, Meskers CGM, van de Sande MAJ, Rozing PM. Pathological muscle activation patterns in patients with massive rotator cuff tears, with and without subacromial anaesthetics. *Manual Therapy*. août 2006;11(3):231-7.

377. stevencollins. Physio Network. 2022 [cité 7 nov 2023]. 3 règles pour maîtriser la prescription d'exercices. Disponible sur: <https://www.physio-network.com/fr/blog/maitriser-la-prescription-dexercices/>
378. stevencollins. Physio Network. 2023 [cité 4 oct 2023]. Un guide kiné de la pliométrie. Disponible sur: <https://www.physio-network.com/fr/blog/le-guide-de-la-plierie/>
379. stevencollins. Physio Network. 2023 [cité 7 nov 2023]. Un guide kiné de la pliométrie. Disponible sur: <https://www.physio-network.com/fr/blog/le-guide-de-la-plierie/>
380. Stévenot T, Lhuair M, Stévenot M, Avisse C. Pathologies de la coiffe des rotateurs : intérêt d'une manœuvre de recentrage en chaîne fermée. *Kinésithérapie, la Revue*. mars 2012;12(123):48-55.
381. Stewart M, Loftus S. Sticks and Stones: The Impact of Language in Musculoskeletal Rehabilitation. *J Orthop Sports Phys Ther*. juill 2018;48(7):519-22.
382. Strunce JB, Walker MJ, Boyles RE, Young BA. The Immediate Effects of Thoracic Spine and Rib Manipulation on Subjects with Primary Complaints of Shoulder Pain. *Journal of Manual & Manipulative Therapy*. déc 2009;17(4):230-6.
383. Struyf F, Nijs J, Mollekens S, Jeurissen I, Truijien S, Mottram S, et al. Scapular-focused treatment in patients with shoulder impingement syndrome: a randomized clinical trial. *Clin Rheumatol*. janv 2013;32(1):73-85.
384. Suchomel TJ, Nimphius S, Bellon CR, Stone MH. The Importance of Muscular Strength: Training Considerations. *Sports Med*. avr 2018;48(4):765-85.
385. Sule K, Rathi M, Palekar TJ, Anwer S. Comparison of Conventional Therapy versus Sleeper Stretch with Conventional Therapy in Adhesive Capsulitis. *International Journal of Health Sciences*. 2015;(11).
386. Sunderland SS. The anatomy and physiology of nerve injury. *Muscle and Nerve*. sept 1990;13(9):771-84.
387. Surace SJ, Deitch J, Johnston RV, Buchbinder R. Shock wave therapy for rotator cuff disease with or without calcification. *Cochrane Musculoskeletal Group, éditeur. Cochrane Database of Systematic Reviews [Internet]*. 4 mars 2020 [cité 19 sept 2023]; Disponible sur: <https://doi.wiley.com/10.1002/14651858.CD008962.pub2>
388. Swanson BT, Holst B, Infante J, Poenitzsch J, Ortiz A. EMG activity of selected rotator cuff musculature during grade III distraction and posterior glide glenohumeral mobilization: results of a pilot trial comparing painful and non-painful shoulders. *Journal of Manual & Manipulative Therapy*. janv 2016;24(1):7-13.
389. Tahrán Ö, Yeşilyaprak SS. Effects of Modified Posterior Shoulder Stretching Exercises on Shoulder Mobility, Pain, and Dysfunction in Patients With Subacromial Impingement Syndrome. *Sports Health*. mars 2020;12(2):139-48.
390. Takasaki H, Hall T, Kaneko S, Iizawa T, Ikemoto Y. Cervical Segmental Motion Induced by Shoulder Abduction Assessed by Magnetic Resonance Imaging: Spine. *févr 2009;34(3):E122-6*.
391. Tampin B, Vollert J, Schmid AB. Sensory profiles are comparable in patients with distal and proximal entrapment neuropathies, while the pain experience differs. *Current Medical Research and Opinion*. 2 nov 2018;34(11):1899-906.
392. Tashjian RZ. Epidemiology, Natural History, and Indications for Treatment of Rotator Cuff Tears. *Clinics in Sports Medicine*. oct 2012;31(4):589-604.
393. Tawa N, Rhoda A, Diener I. Accuracy of magnetic resonance imaging in detecting lumbo-sacral nerve root compromise: a systematic literature review. *BMC Musculoskelet Disord*. déc 2016;17(1):386.
394. Tawa N, Rhoda A, Diener I. Accuracy of clinical neurological examination in diagnosing lumbo-sacral radiculopathy: a systematic literature review. *BMC Musculoskelet Disord*. déc 2017;18(1):93.
395. Teixeira MJ, Almeida DB, Yeng LT. Concept of acute neuropathic pain. The role of nervi nervorum in the distinction between acute nociceptive and neuropathic pain. *Revista Dor [Internet]*. 2016 [cité 22 nov 2024];17. Disponible sur: http://www.scielo.br/scielo.php?script=sci_arttext&pid=S1806-00132016000500005&lng=pt&nrm=iso&tlnq=pt
396. Tempelhof S, Rupp S, Seil R. Age-related prevalence of rotator cuff tears in asymptomatic shoulders. *Journal of Shoulder and Elbow Surgery*. juill 1999;8(4):296-9.
397. Tempelhof S, Rupp S, Seil R. Age-related prevalence of rotator cuff tears in asymptomatic shoulders. *Journal of Shoulder and Elbow Surgery*. juill 1999;8(4):296-9.
398. Tempelhof S, Rupp S, Seil R. Age-related prevalence of rotator cuff tears in asymptomatic shoulders. *Journal of Shoulder and Elbow Surgery*. juill 1999;8(4):296-9.

399. Terzis JK, Karypidis D, Mendoza R, Kokkalis ZT, Diawara N. Morphometric Analysis of the Effect of Scapula Stabilization on Obstetric Brachial Plexus Paralysis Patients. *Hand (New York, N,Y)*. sept 2014;9(3):303-14.
400. Testa M, Rossetini G. Enhance placebo, avoid nocebo: How contextual factors affect physiotherapy outcomes. *Manual Therapy*. août 2016;24:65-74.
401. Theodoridis D, Ruston S. The effect of shoulder movements on thoracic spine 3D motion. *Clinical Biomechanics*. juin 2002;17(5):418-21.
402. Thomopoulos S, Genin GM, Galatz LM. The development and morphogenesis of the tendon-to-bone insertion - What development can teach us about healing - .:12.
403. Thoomes EJ, Van Geest S, Van Der Windt DA, Falla D, Verhagen AP, Koes BW, et al. Value of physical tests in diagnosing cervical radiculopathy: a systematic review. *The Spine Journal*. janv 2018;18(1):179-89.
404. Tokish JM, Decker MJ, Ellis HB, Torry MR, Hawkins RJ. The belly-press test for the physical examination of the subscapularis muscle: electromyographic validation and comparison to the lift-off test. *Journal of Shoulder and Elbow Surgery*. sept 2003;12(5):427-30.
405. Tokish JM, Decker MJ, Ellis HB, Torry MR, Hawkins RJ. The belly-press test for the physical examination of the subscapularis muscle: electromyographic validation and comparison to the lift-off test. *Journal of Shoulder and Elbow Surgery*. sept 2003;12(5):427-30.
406. Tuoheti Y, Itoi E, Pradhan RL, Wakabayashi I, Takahashi S, Minagawa H, et al. Apoptosis in the supraspinatus tendon with stage II subacromial impingement. *Journal of Shoulder and Elbow Surgery*. sept 2005;14(5):535-41.
407. Tyler TF, Nicholas SJ, Roy T, Gleim GW. Quantification of Posterior Capsule Tightness and Motion Loss in Patients with Shoulder Impingement. *American Journal of Sports Medicine*. 2000;28(5):6.
408. Tyler TF, Nicholas SJ, Roy T, Gleim GW. Quantification of Posterior Capsule Tightness and Motion Loss in Patients with Shoulder Impingement. *American Journal of Sports Medicine*. 2000;28(5):6.
409. Tyler TF, Nahow RC, Nicholas SJ, McHugh MP. Quantifying shoulder rotation weakness in patients with shoulder impingement. *Journal of Shoulder and Elbow Surgery*. nov 2005;14(6):570-4.
410. Vargas VZ, Motta C, Vancini RL, Barbosa de Lira CA, Andrade MS. Shoulder Isokinetic Strength Balance Ratio in Overhead Athletes: A Cross-Sectional Study. *Int J Sports Phys Ther*. 1 juin 2021;16(3):827-34.
411. Vastamäki H, Kettunen J, Vastamäki M. The Natural History of Idiopathic Frozen Shoulder: A 2- to 27-year Followup Study. *Clinical Orthopaedics & Related Research*. avr 2012;470(4):1133-43.
412. Vigotsky AD, Bruhns RP. The Role of Descending Modulation in Manual Therapy and Its Analgesic Implications: A Narrative Review. *Pain Research and Treatment*. 16 déc 2015;2015:1-11.
413. Vlaeyen JWS. Learning to predict and control harmful events: chronic pain and conditioning. *Pain*. avr 2015;156(Supplement 1):S86-93.
414. Wainner RS, Fritz JM, Irrgang JJ, Boninger ML, Delitto A, Allison S. Reliability and Diagnostic Accuracy of the Clinical Examination and Patient Self-Report Measures for Cervical Radiculopathy: *Spine*. janv 2003;28(1):52-62.
415. Walch G, Boulahia A, Calderone S, Robinson AHN. The 'dropping' and 'hornblower's' signs in evaluation of rotator-cuff tears. *The Journal of Bone and Joint Surgery British volume*. juill 1998;80-B(4):624-8.
416. Walker T, Salt E, Lynch G, Littlewood C. Screening of the cervical spine in subacromial shoulder pain: A systematic review. *Shoulder & Elbow*. août 2019;11(4):305-15.
417. Walsh MT. Upper Limb Neural Tension Testing and Mobilization. *Journal of Hand Therapy*. avr 2005;18(2):241-58.
418. Warner JJP, Micheli LJ, Arslanian LE, Kennedy J, Kennedy R. Patterns of flexibility, laxity, and strength in normal shoulders and shoulders with instability and impingement. *Am J Sports Med*. juill 1990;18(4):366-75.

419. Warner JJP, Micheli LJ, Arslanian LE, Kennedy J, Kennedy R. Patterns of flexibility, laxity, and strength in normal shoulders and shoulders with instability and impingement. *Am J Sports Med.* juill 1990;18(4):366-75.
420. Wassinger CA, Rich D, Cameron N, Clark S, Davenport S, Lingelbach M, et al. Cervical & thoracic manipulations: Acute effects upon pain pressure threshold and self-reported pain in experimentally induced shoulder pain. *Manual Therapy.* févr 2016;21:227-32.
421. Watson L, Warby S, Balster S, Lensen R, Pizzari T. The treatment of multidirectional instability of the shoulder with a rehabilitation program: Part 1. *Shoulder & Elbow.* oct 2016;8(4):271-8.
422. Wattanaprakornkul D, Cathers I, Halaki M, Ginn KA. The rotator cuff muscles have a direction specific recruitment pattern during shoulder flexion and extension exercises. *Journal of Science and Medicine in Sport.* sept 2011;14(5):376-82.
423. Wattanaprakornkul D, Cathers I, Halaki M, Ginn KA. The rotator cuff muscles have a direction specific recruitment pattern during shoulder flexion and extension exercises. *Journal of Science and Medicine in Sport.* sept 2011;14(5):376-82.
424. Weakley J. *Physiological Responses and Adaptations to Lower Load Resistance Training: Implications for Health and Performance.* 2023;
425. Webb K, Heneghan N, Mahoney T. The contribution of the thoracic spine to functional shoulder mobility in athletes: a systematic review. *Physiotherapy.* déc 2017;103:e42-3.
426. Webster BS, Bauer AZ, Choi Y, Cifuentes M, Pransky GS. Iatrogenic Consequences of Early Magnetic Resonance Imaging in Acute, Work-Related, Disabling Low Back Pain: Spine. *Spine.* oct 2013;38(22):1939-46.
427. Whittaker RL, Alenabi T, Kim SY, Dickerson CR. Regional Electromyography of the Infraspinatus and Supraspinatus Muscles During Standing Isometric External Rotation Exercises. *Sports Health.* sept 2022;14(5):725-32.
428. Wickham J, Pizzari T, Stansfeld K, Burnside A, Watson L. Quantifying 'normal' shoulder muscle activity during abduction. *Journal of Electromyography and Kinesiology.* avr 2010;20(2):212-22.
429. Wochatz M, Rabe S, Wolter M, Engel T, Mueller S, Mayer F. Muscle activity of upper and lower trapezius and serratus anterior during unloaded and maximal loaded shoulder flexion and extension. *International Biomechanics.* 3 nov 2017;4(2):68-76.
430. Wong CK, Levine WN, Deo K, Kesting RS, Mercer EA, Schram GA, et al. Natural history of frozen shoulder: fact or fiction? A systematic review. *Physiotherapy.* mars 2017;103(1):40-7.
431. Wu YC. Comparative effectiveness of non-operative treatments for chronic calcific tendinitis of the shoulder: A systematic review and network meta-analysis of randomized-controlled trials.
432. Yamaguchi K, Sher JS, Andersen WK, Garretson R, Uribe JW, Hechtman K, et al. Glenohumeral motion in patients with rotator cuff tears: A comparison of asymptomatic and symptomatic shoulders. *Journal of Shoulder and Elbow Surgery.* janv 2000;9(1):6-11.
433. Yamaguchi K, Tetro AM, Blam O, Evanoff BA, Teefey SA, Middleton WD. Natural history of asymptomatic rotator cuff tears: A longitudinal analysis of asymptomatic tears detected sonographically. *Journal of Shoulder and Elbow Surgery.* mai 2001;10(3):199-203.
434. Yang Y, Qu J. The effects of hyperlipidemia on rotator cuff diseases: a systematic review. *J Orthop Surg Res.* déc 2018;13(1):204.
435. Yoon JP, Seo A, Kim JJ, Lee CH, Baek SH, Kim SY, et al. Deltoid muscle volume affects clinical outcome of reverse total shoulder arthroplasty in patients with cuff tear arthropathy or irreparable cuff tears. *Nazarian A, éditeur. PLoS ONE.* 29 mars 2017;12(3):e0174361.
436. Yuan J, Murrell GAC, Wei AQ, Wang MX. Apoptosis in rotator cuff tendonopathy. *J Orthop Res.* nov 2002;20(6):1372-9.
437. Yun TW, Lee BH. Effects of hand grip strength on shoulder muscle activity in breast cancer patients. *PTRS.* 30 juin 2016;5(2):95-100.
438. Zhu GC, Böttger K, Slater H, Cook C, Farrell SF, Hailey L, et al. Concurrent validity of a low-cost and time-efficient clinical sensory test battery to evaluate somatosensory dysfunction. *European Journal of Pain.* nov 2019;23(10):1826-38.
439. Zuckerman JD, Rokito A. Frozen shoulder: a consensus definition. *Journal of Shoulder and Elbow Surgery.* mars 2011;20(2):322-5.

440. Zusman M. Associative memory for movement-evoked chronic back pain and its extinction with musculoskeletal physiotherapy. *Physical Therapy Reviews*. févr 2008;13(1):57-68.

441. Physio Network [Internet]. [cité 7 nov 2023]. Adaptations des muscles aux étirements statiques. Disponible sur: <https://www.physio-network.com/fr/research-reviews/other/adaptations-de-larchitecture-musculaire-aux-etirements-statiques-revue-systematique-avec-meta-analyse/>