Shoulder pain, acromial morphology, gender and race in brazilian young adults

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Shoulder pain is one of the most common complaints found in rheumatological practice. The most common cause of shoulder pain is the periarticular soft tissue lesions involving tendons and bursae because of their chronic impingement on the anterolateral margin of the acromion, due to the narrowing of the subacromial space. The acromion morphology (curved and hooked) is often associated with the reduction of the subacromial space. Many European and North-American studies have evaluated the relation between painful shoulder and the acromial morphology, but little is known about this relation in Brazilian young adults. So, the aim of this study was to evaluate the relation among shoulder pain, acromial morphology, gender and race in Brazilian young adults. We studied 20 healthy adults of both genders between 21 and 25 years-old without shoulder joint actual or previous use in sport and/or professional activity. The radiographic incidence used was the supraspinatus outlet view. We investigated gender, race, profession, exercise history and shoulder pain history by a questionnaire. The acromion morphology was classified by the Bigliani/Epstein method (type I – flat, type II – curved, type III - hooked). The statistic was made by the Fisher test (p < 0.05). The relation between shoulder pain and right and left acromion morphology showed a p value of 0.502 and 0.659, respectively. The relation between gender and shoulder pain showed a p value of 1.000 for both sides. The relation between race and shoulder pain showed a p value index of 1.000 for both sides. In our study no relation was found between shoulder pain and right or left acromion morphology; no relation was found between gender and right or left shoulder pain; and no relation was found between race and right or left shoulder pain. So, for Brazilian young adults shoulder pain seems to be independent of acromial morphology, gender and race.

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