Could a Feedback Device Help Manage Work-related Shoulder Disorders?

NCT06693479

Status	RECRUITING
Phase	Not Applicable
Sponsor	Laval University
Enrollment	42 participants

Plain Language Summary

This study is testing whether a wearable feedback device — one that monitors how you use your shoulder at work — can help reduce pain and disability in workers who have shoulder disorders caused by their job. It targets conditions including rotator cuff pain, shoulder arthritis, and rheumatoid arthritis affecting the shoulder.

You may be eligible if...
- You are 18 or older and work full-time (at least 30 hours per week)
- You have a work-related shoulder condition (rotator cuff pain, shoulder osteoarthritis, or rheumatoid arthritis involving the shoulder)
- Your shoulder symptoms have lasted more than 6 weeks
- Your shoulder disability is moderate or above (score of 14 or more on the QuickDASH questionnaire)

You may NOT be eligible if...
- You have signs of a complete rotator cuff tear (unable to raise your arm above 90 degrees without neurological cause)
- You have an acute traumatic rotator cuff tear or a frozen shoulder (adhesive capsulitis)
- You have a fracture or other acute injury

Talk to your doctor to see if this trial is right for you.

Key Eligibility Criteria

Inclusion (8)

- Adult (g 18 years) employed full-time (minimum of 30 hours per week).
- Experiencing work-related shoulder disorders (WRSDs), with minimal score of 14 points on the for the abbreviated version of the Disability of the Arm Shoulder and Hand questionnaire (QuickDASH), stemming from a diagnosis of rotator cuff-related shoulder pain (RCRSP), shoulder osteoarthritis (SOA) or rheumatoid arthritis (RA) involving the shoulder.
- Symptoms persisting for more than 6 weeks.
- Diagnosis-specific criteria:
- RCRSP: diagnosis requires meeting three positive criteria, including the presence of a painful arc in abduction, a positive Neer sign, Hawkins-Kennedy test, or Jobe Test, pain with resisted humeral external rotation;

... and 3 more (see full listing online)

Exclusion (8)

- clinical signs of a massive rotator cuff tear (e.g., pseudoparesis or pseudoparalysis, passive elevation intact but active limited to \<90°, without neurologic deficit);
- acute traumatic rotator cuff tears, fractures, adhesive capsulitis (characterized by night pain, pain with sudden or unexpected movements, global loss of active and passive range of motion), or shoulder instability (evidenced by a combination of orthopaedic tests such as apprehension and relocation tests, Jerk, Kim and posterior tests, along with and clinical signs like neuromuscular function impairment, history of instability, lesion mechanisms, worries that their shoulder could dislocate during activities);
- distal neurovascular symptoms (e.g., thoracic outlet syndrome, venous thromboembolism);

- previous shoulder surgery;
- corticosteroid injection administered within the past 3 months;

... and 3 more (see full listing online)

Locations (1 total)

Centre interdisciplinaire de recherche en réadaptation et intégration sociale (Cirris), Québec, Quebec, Canada