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## Radial Shockwave Treatment of the Posterior Capsule Contracture of the Shoulder in Young Volleyball Players

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The posterior capsular contracture is a common cause of shoulder pain in overhead athletes. Usually presented as a limitation of internal rotation (GIRD) and shoulder pain dominant. The initial treatment of posterior capsular contracture should be conservative and should focus on stretching exercises range of motion to restore normal range of motion (ROM).

The aim of this study is to describe the results of two treatment protocols GIRD in young volleyball players.

Design: Prospective observational controlled.

Twenty players from the youth volleyball Argentina with GIRD were evaluated in the ROM of glenohumeral internal rotation of the dominant arm using digital inclinometer. They were divided into two groups, while the Under 18 group performed a phased program of stretching exercises, the group performed the same sub 20 plan stretching combined with the application of shock wave therapy radial (4 applications, 2500 pulses per session, 10 Hz, 3 bars, bi-weekly interval).

Three months after the initial evaluation, both groups showed improvements in ROM of glenohumeral internal rotation. The sub group presented an increase of over 20 of the ROM of glenohumeral internal rotation compared with the sub 18. However, the application of shock wave therapy combined with a step plan of stretching exercises demonstrated significantly improved statistics, may be a good alternative for conservative treatment of posterior capsule contracture of the shoulder in overhead athletes. Future randomized trials are needed to confirm the results of this research.