

Evaluation of the results of MD-Collagen injection therapy under ultrasound guidance in the treatment of supraspinatus tendonitis

– Vietnam Medical Journal, N^o1 - September 2021. 6 pages.

– Authors - Operational sites

Hiếu D.C.: Hospital E, Hanoi - Vietnam
Ngọc N.V.: Hanoi Medical University - Vietnam

Aim of the Study

Evaluating the results of MD-Shoulder injection therapy in the treatment of supraspinatus tendonitis under ultrasound guidance and evaluating adverse effects of this therapy after 12-week follow-up.

Methods

Controlled clinical trial in 61 patients (mean age: 62.9 ± 10.2 ; F: 75.4%, M: 24.6%) with a diagnosis of supraspinatus tendonitis with moderate (36.7%) or severe (63.3%) pain in the front of the shoulder joint, radiating down the arm, with or without limitation of range of motion.

– Patients were divided into two homogenous groups. **Group 1** (30 patients) received 5 ultrasound-guided injections (1/week in 5 consecutive weeks) of Collagen MD-Shoulder (2 ml = 1 ampoule) into the subacromial bursa. **Group 2** (31 patients) was given a single ultrasound-guided injection of Depo-Medrol (0.5 ml) into the subacromial bursa.

Results

After 12 weeks since the beginning of the treatment, in Group 1 there was an improvement in VAS, OSS scores and shoulder range of motion.

– In particular, the average VAS decreased from 6.8 to 2.5 points (-63.2%), OSS scores increased from 23.5 ± 4.9 to 39.7 ± 6.9 points (+39.4%), shoulder mobility increased from 147.83° to 171.30° (+20.6%).

Authors' Conclusion

MD-Shoulder collagen injection therapy under ultrasound guidance in the treatment of supraspinatus tendonitis has the effect of reducing pain, improving motor function and angle of motion as the Depo-Medrol injection (no therapeutic inferiority). Unlike Depo-Medrol, upper limb mobility resulted superior as early as the 5th week after the beginning of MD-Shoulder treatment.

