

NOCIPLASTIC SHOULDER PAIN

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•What is nociplastic pain ?

- Relevant for my shoulder pain patients ?
- Owkey, (k)now what to do?

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Classifying Pain

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IASP, 2016

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Classifying Pain

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Classifying Pain

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Nociplastic Pain ?

Type of pain that **persists** in the "absence" of tissue or nerve pathology

- Disproportionate to tissue contributions
- Persists beyond expected tissue healing
- May be recurrent in nature


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Jones & Rivett, 2019

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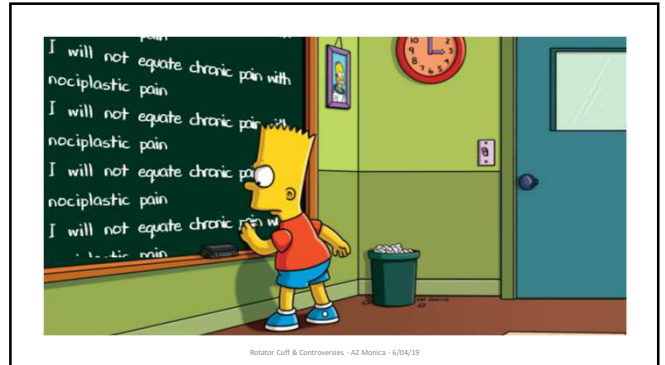
Nociplastic Pain ?

- Dysfunctional / Maladaptive / Not Protective
- Is it the same as **central sensitization** ?
 - Someone has to say the dirty word...
 - Actually, probably, I think ... it is not exactly the same
- A Clinical Category of **Exclusion** ?!



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the majority of the literature reviewed provides **emerging evidence for the presence of central sensitization** in unilateral shoulder pain

CS is an important feature of chronic shoulder pain and thus that treatments aiming at **decreasing the hyperexcitability** of the central nervous system in this population are warranted



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ORIGINAL ARTICLE WILEY

Sensory processing and central pain modulation in patients with chronic shoulder pain: A case-control study

K. Kappens^{1,2,3} | G. Hans⁴ | N. Roussel¹ | F. Struyf¹ | E. Franssen¹ | P. Craas¹ | C. P. Van Wilgen^{1,2,3} | J. Nij^{1,2,3}

central sensitization is no characteristic feature in chronic musculoskeletal shoulder pain

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Musculoskeletal Science and Practice

Original article

People with musculoskeletal shoulder pain demonstrate no signs of altered pain processing

Melina N. Haik¹, Kerrie Evans^{2,3}, Ashley Smith⁴, Luis Hernandez⁵, Leslee Bliese^{6,7}

Central sensitisation may not characterise musculoskeletal shoulder pain

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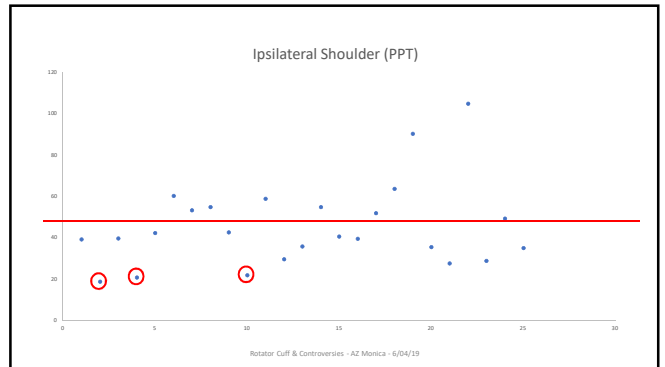
central sensitization is no characteristic feature in chronic musculoskeletal shoulder pain

Central sensitisation may not characterise musculoskeletal shoulder pain

can be present in individual cases may be present in a subgroup of patients

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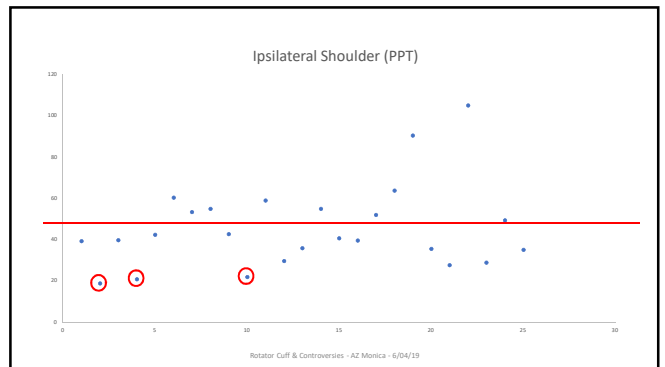


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Pressure Pain Threshold = 20 Newton ??

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Contralateral Shoulder (PPT) Middle Finger (PPT) Calf Muscle (PPT)

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Absence of Neuropathic Pain

Disproportionate Shoulder Pain

Widespread pain patient with shoulder pain.

Shoulder pain patient with widespread pain.

Shoulder pain patient without widespread pain.

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Widespread pain patient with shoulder pain.

Shoulder pain patient with widespread pain.

Shoulder pain patient without widespread pain.

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Widespread pain patient with shoulder pain.	
Shoulder pain patient with widespread pain.	
Shoulder pain patient without widespread pain.	

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Assess the following ! (and not only when it's too late)

<ul style="list-style-type: none"> • Patient perceptions & beliefs <ul style="list-style-type: none"> • Understanding of pain • Perceived control / Self Efficacy • Expectations of recovery • Catastrophising / Helplessness • Emotions <ul style="list-style-type: none"> • Depression • Anxiety • Fear of pain / movement • Behaviour Strategies <ul style="list-style-type: none"> • Avoidance copers • Endurance/Persistence copers • Passive copers 	<div style="font-size: 2em; color: #0070c0; margin-bottom: 10px;">➔</div> <div style="font-size: 2em; color: #0070c0; margin-bottom: 10px;">➔</div> <div style="font-size: 2em; color: #0070c0;">➔</div>	<p style="color: #c00000;">(Brief) IPQ PSEQ PCS</p> <p style="color: #c00000;">POMS Tampa BDI</p> <p style="color: #c00000;">FABQ Coping Qs</p>	<p style="color: #c00000; font-weight: bold;">Physical Impairment & High Pain Rating</p> <p style="color: #c00000; font-weight: bold;">Family, Work & Social Disbalance</p> <p style="color: #c00000; font-weight: bold;">Disturbed Sleep</p>
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Management of Nociplastic Shoulder Pain

<p>Do - desensitize</p> <ul style="list-style-type: none"> • Reassurance (!) • Pain Neuroscience Education (!) • Lifestyle (!) • Sleep (!) • Exercise (!) • Exposure (?) • Medication (!) 	<p>Do Not - sensitize</p> <ul style="list-style-type: none"> • Exercise (!) • Manual Therapy (?) • Fearful language • Needles (?) • Surgery (?) • Exposure (?)
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Take Home Messages

- Consider Nociplastic Pain
- Not all chronic pain is nociplastic pain
- Assess baseline (and follow-up) psycho/beliefs/behaviour
- Do not further sensitize

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**A MAJOR REASON FOR
UNSUCCESSFUL TREATMENT
OF MUSCULOSKELETAL PAIN
IS A FAILURE TO RECOGNIZE
ITS MULTIFACTORIAL
NATURE.**

*Peter Brukner and Karim Khan
Clinical Sports Medicine*

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**European Congres of
Shoulder & Elbow
Rehabilitation**

“Brain & Pain”

13 & 14 December 2019
Congrescentrum 1931
Den Bosch, The Netherlands

Register here: www.excelcs.nl/en/event/eu-congres-ser

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**THANK
YOU**

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Universiteit
Brussel

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