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Plancher study shows certain treatments are more effective



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A recent study conducted by nationally prominent orthopaedic surgeon and sports medicine expert Dr. Kevin D. Plancher found that patients with shoulder instability who dislocated their shoulder who were assessed with the Melbourne Instability Shoulder Score (MISS) or Western Ontario Shoulder Instability Index (WOSI) had overall better clinical outcomes than those assessed by other methods.

Dr. Plancher's findings were recently highlighted in *Arthroscopy: The Journal of Arthroscopic and Related Surgery*, published by the Arthroscopy Association of North America.

"Clinical research has become the major influencing factor in determining best practices, or the best way to treat patients, and this study was pretty conclusive on how to best help patients with shoulder instability get better faster — something both the patient and doctor want," said Dr. Plancher, who specializes in shoulder, knee, elbow and hand injuries and is an associate clinical orthopaedics professor at Albert Einstein College of Medicine. "These findings offer solid, evidenced-based medicine, in that they integrate the best available clinical expertise with the best available scientific evidence."

The study evaluated the effectiveness of the 10 most common physician assessment tools for determining the scope and degree of shoulder instability — a condition that occurs when shoulder ligaments and muscles become weak from excessive stretching and ultimately dislocating the shoulder.

According to Dr. Plancher's study, patients who dislocate their shoulders whether from a fall or from throwing a baseball evaluated with the MISS or WOSI systems — which involve the patient answering more than 20 questions and rating pain and discomfort experienced in home, work and play situations — were "significantly more likely" to receive the most effective treatment which, according to Dr. Plancher, can range from physical therapy to surgery.

The two evaluating questionnaires can be equally effective in monitoring treatment progress, Dr. Plancher said.

"Medicine today is all about effectiveness and efficiency — what works best from the patients point of view," he said. "Since the study has been released, we've gotten requests for copies from patients, healthcare administrators and even insurance companies who want to review the findings and, then make sure they're doing the best for their patients.

"It's exciting to be part of a study that can have such an impact on orthopedics and medicine."

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