

Management of Painful Shoulder Syndrome in the Sovata Spa Resort: A Clinical Case Report

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Abstract

Introduction:Shoulder pain syndrome is a common clinical condition characterized by pain, discomfort, and functional limitations of the glenohumeral joint, which has a significant impact on daily living activities and quality of life. Among the causes, adhesive capsulitis is a common cause and requires complex treatment.

Materials&Methods:We present the case of a 54 year-old female patient with no significant medical history who fell from a standing height in June 2023 and sustained a right radial head fracture. Despite multiple physical therapies, the patient developed persistent shoulder pain and progressive movement limitations. Magnetic resonance imaging (MRI) of the shoulder established the diagnosis of adhesive capsulitis. Surgical treatment combined with physical therapy was recommended. However, the patient refused surgical intervention and was admitted to the Sovata sanatorium for conservative balneological treatment. A comprehensive rehabilitation program including the application of physical therapy, saprophyllaxis, and marine balneotherapy was initiated, and clinical development progressed well.

Results:Despite the recommendation for invasive and minimally invasive interventions, the patient followed conservative physical therapy. The rehabilitations program led to complete pain relief, and fully recovery of upper limb function, without the need for surgical tretment.

Conclusion:Sovata Spa Resort is historically renowned for the healing effects of natural resources. Urus Lake is internationally recognized for its unique geothermal phenomenon that enhances the therapeutic effects of its salt water, thereby promoting the rehabilitation effects of the musculoskeletal and rheumatic systems.

Discusions:Although modern medicine is constantly introducing innovative treatments, natural hot spring resources remain a valuable complementary treatment option. This case highlights the potential role of spa-based rehabilitation in improving functional recovery and pain control in patients with painful shoulder syndrome.

Introduction

Shoulder pain syndrome is a common clinical condition characterized by pain, discomfort, and functional limitations of the glenohumeral joint, which has a significant impact on daily living activities and quality of life. Among the causes, adhesive capsulitis is a common cause and requires complex treatment.

Methodology

June 6, 2023 – trauma caused by a fall from standing height resulting in a right radial head fracture.

August 11, 2023 – Right shoulder MRI: diagnosis of *adhesive capsulitis of the right shoulder*

August 28, 2023 – Medical rehabilitation evaluation (Eforie Nord):*Post-fracture algofunctional sequelae of the right elbow (radial head fracture, June 13, 2023) and right shoulder* were diagnosed. Diapulse therapy, MDR therapy, individualized kinesiotherapy, activity modification, continuation of home exercise program, and orthopedic follow-up were recommended. The underwent physical therapy, including kinesiotherapy, without clinical improvement

October 31, 2023 – Rheumatology consultation: musculoskeletal ultrasound examination was performed, establishing the diagnoses of right shoulder impingement syndrome and calcific tendinitis of the right shoulder, associated with right-sided omalgia and limitation of mobility in all planes. Recommendations included shoulder infiltration, extracorporeal shockwave therapy, local topical treatment with Perozin was intended and reassessment as needed.

February 17, 2024 – Admission to the Ensana Sovata Spa Resort, Department of Physical and Rehabilitation Medicine:Diagnoses: right scapulohumeral periarthrits, right shoulder impingement syndrome, and lumbar disc herniation.Treatment included paraffin therapy (20 min), mud baths (20 min), medical massage (20 min), interferential current therapy (10 min), and ultrasound therapy (5 min), with favorable clinical evolution.

April 26, 2024 – Follow-up rehabilitation treatment at the Ensana Sovata Spa Resort:Therapeutic interventions included mud baths (20 min), ultrasound therapy (5 min), individualized therapeutic exercises (20 min), and medical massage (20 min).

February 17, 2025 – Re-admission to the Ensana Sovata Spa Resort, Department of Physical and Rehabilitation Medicine:Diagnoses: lumbar disc herniations at L3–L4, L4–L5, and L5–S1, bilateral scapulohumeral periarthrits, cervical and dorsolumbar spondyloarthrosis, and chronic low back pain.Treatment program included medical massage (20 min), paraffin applications to the dorsolumbar spine and shoulders, magnetotherapy (20 min), and interferential current therapy (SIS) applied to the lumbar spine using a chronic pain protocol.

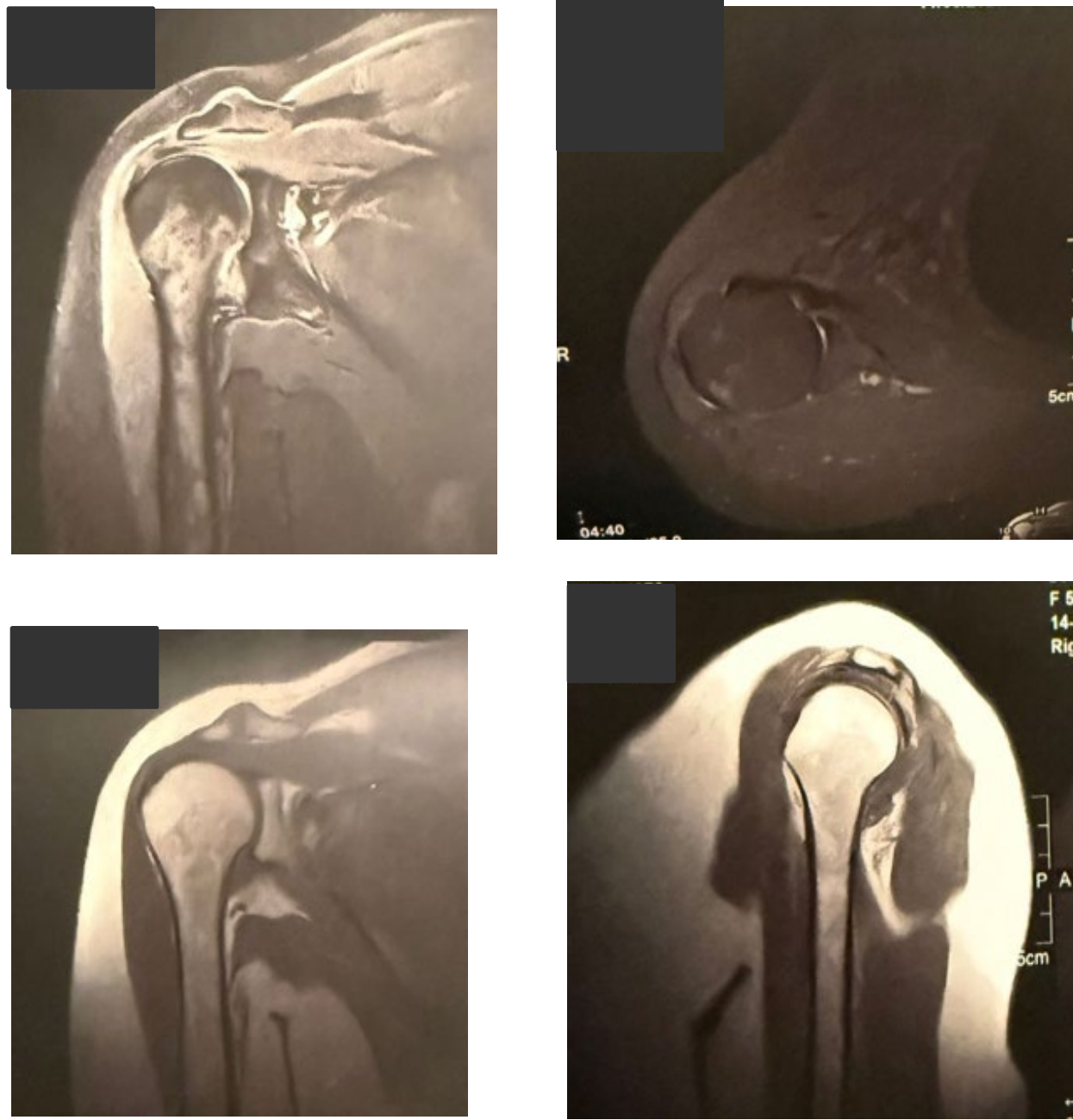


Fig.1.Anteroposterior and transverse imaging planes of the right shoulder (fMRI reconstruction)-11/08/2023

Conclusion-Dr. Cosmin Pantu - Imaging Radiology Specialist
•Calcific tendinopathy of the supraspinatus tendon
•Institutional calcific tendinopathy of the subscapularis tendon
•Infraspinatus tendinopathy
•Peritendinitis of the long head of the biceps tendon
•Subacromial-subdeltoid bursitis

Imaging Findings
September 26, 2022 – Lumbar spine MRI (BT, native), performed by Dr. Tudor Ciprut (Consultant Radiologist):
Non-compressive disc herniations at L3–L4 and L5–S1, and a left-sided compressive L4–L5 disc herniation with radicular involvement.

Results

The patient was hospitalized to the Sovata spa resort for physical and balneal therapy after being diagnosed with adhesive capsulitis and exhibiting painful limitation of shoulder motion in all planes. Significant pain relief and a gradual improvement in joint mobility were seen following three sessions that included mud baths, aquatic kinesiotherapy, and saltwater balneotherapy. After the first course of treatment, the Visual Analog Scale (VAS) score dropped from 90 mm to 5 mm, and it is currently at 1 mm, indicating full recovery of shoulder mobility.

Conclusion

Sovata Spa Resort is historically renowned for the healing effects of natural resources. Urus Lake is internationally recognized for its unique geothermal phenomenon that enhances the therapeutic effects of its salt water, thereby promoting the rehabilitation effects of the musculoskeletal and rheumatic systems.