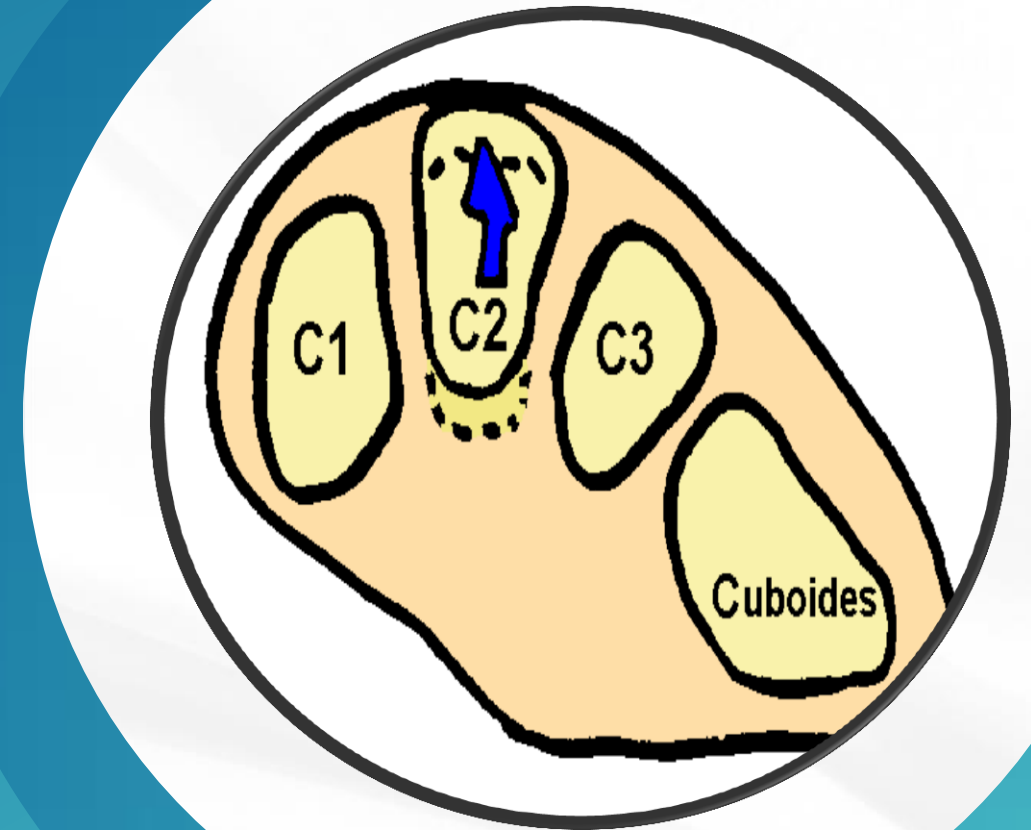


INTERDEPENDENCIA REGIONAL Y MIEMBRO SUPERIOR

Pablo Escribá



INTERDEPENDENCIA REGIONAL

Este concepto desde siempre existió en osteopatía y ahora está de actualidad en fisioterapia por varios artículos publicados estos últimos años.

Este modelo indica que alteraciones aparentemente no relacionadas en regiones anatómicas remotas del cuerpo pueden contribuir y estar asociadas con el síntoma primario de un paciente; intervenciones dirigidas a una región del cuerpo a menudo tendrán efectos en áreas remotas y aparentemente no relacionadas (Sueki et al, 2013).



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Interdependencia regional y miembro superior

Los estudios de Cleland et al.(2005) y Gonzalez-Iglesias et al. (2009) relacionan el dolor cervical con las intervenciones torácicas.

Existen conexiones anatómicas relevantes entre los segmentos de la cadena cinética superior que incluyen columna vertebral, región escapulotorácica y cintura escapular (Lawrence et al., 2014; McDevitt et al., 2015).

Además, Strunce et al., (2009), Boyles et al. (2009) y Mintken et al. (2010) han demostrado que las intervenciones centradas en la columna torácica tienen el potencial de alterar los síntomas del hombro.



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Interdependencia regional y miembro superior

El plan de tratamiento de Wong et al. (2018) para el tratamiento del hombro congelado era un enfoque de interdependencia regional para disfunción del hombro, reconociendo que la función glenohumeral depende de la función escapular (Lawrence et al., 2014), que también puede verse influenciado por otros segmentos de la cadena cinética superior dependiendo de la presentación individual del paciente.

Yoo et al.(2011) demostraron que los bloqueos simpáticos en la columna torácica podrían mejorar el dolor neuropático de la extremidad superior y Berglund et al.(2008), mostraron que el dolor y la disfunción de la columna torácica se correlacionan positivamente con la presencia de dolor externo del codo.



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Otros artículos de interés sobre interdependen- cia en miembro superior



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Interdependencia regional y miembro superior

Berglund et al.(2008) estudiaron a sujetos con dolor externo del codo y encontraron que el 70% de los sujetos también informaron de dolor en las regiones cervical y torácica en comparación con el 16% en el grupo de control asintomático.

Vicenzino et al. (2007) ha relacionado la manipulación cervical con la disminución del umbral de dolor por presión y el aumento de la fuerza de prensión en sujetos con dolor externo del codo.

Suter et al.(2002) demostraron un aumento en la fuerza muscular del bíceps y una disminución en la inhibición muscular después manipulación cervical.



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Interdependen cia regional y miembro superior

Clínicamente, y en revisiones publicadas (Lucado et al,2010; Ben Kibler y Sciascia, 2004) se ha planteado la hipótesis de que la función del hombro puede influir directamente en los problemas del codo y de la mano .

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