**Effectiveness of conservative interventions including exercise, manual therapy and medical management in adults with shoulder impingement: a systematic review and meta-analysis of RCTs**

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**MCQ’S FOR BJSM**

**Please provide 5 multiple choice questions (MCQs) each with 4-5 possible answers (only 1 correct answer), so the reader can test his or her understanding of the article.**

1. What treatment do the authors recommend as first line treatment for patients with shoulder impingement:
2. Surgery
3. Corticosteroid Injections
4. Laser
5. Exercise
6. TENS

Correct answer: d)

1. Which of the following statements in the category non-exercise physiotherapy modalities is adequate?
2. Only used in addition with manual therapy
3. Laser, manual therapy, and tape in addition to exercise might add a small benefit
4. They showed a significant effect on active range of motion, but not on pain or function
5. Best use in addition with corticosteroid injection
6. Non-exercise modalities are a valid treatment option for best longterm results

Correct answer: b)

1. Specific exercises were… (Which of the following sentences does best complete this phase?)
2. better than non-specific exercises
3. better than ultrasound guided corticosteroid injections
4. not analysed in any study
5. not better than surgery

Correct answer: a)

1. Which of the following statements is not adequate?
2. Prevalence of shoulder impingement syndrome is higher in women compared to men.
3. Asymptomatic shoulders rarely present tears in the rotator cuff.
4. Injuries of of structures within the subacromial space can be classified as shoulder impingement syndrome.
5. Common consequences of shoulder impingement syndrome are pain, disability, loss of quality of life and sleep disturbances.

Correct answer: b)

1. Shoulder impingement syndrome (SIS) is a common cause of shoulder pain and related disorders.
2. Due to compression of the m. subscapularis and the bursa
3. Generic term and defines tears in rotator cuff tendon in symptomatic shoulders
4. Shoulder impingement is more common in men than in female, due to laxity of the shoulder joint
5. Shoulder impingement syndrome affects the population older than 65 years, due to a degeneration of the joint
6. Generic term and defines an injury of structures in the subacromial space

Correct answer: e)