Objective: To describe low back pain treatment strategies in primary care from the user's perspective and their satisfaction with the treatment.
Methods: This is a cross-sectional and descriptive study. A structured interview was carried out with consumers with low back pain in primary health care, from February to April 2023 in six Health Units in Fortaleza/Brazil. The study followed ethical criteria. Data about pain intensity (Numerical Rating Scale - NRS) and disability (Roland Morris Disability Questionnaire - RMDQ) in the last month were collected. Information about low back pain treatment strategies by the primary care health professional, including pharmacological and non-pharmacological treatment, and consumer satisfaction with the treatment and the reasons were investigated.
Results: Fifteen consumers with a mean age of 54 (±10) years participated, most of them female (86%) and who reported feeling pain for more than 3 months (100%). These consumers had 16 (±5) points on the RMDQ, and 8 (±1) points on the NRS in the last month. In total, 86% of consumers were advised to use analgesic, anti-inflammatory and/or muscle relaxant medication, 66% to perform therapeutic exercises; 53% were referred for imaging, 46% were referred for physiotherapy; 26.7% were referred to a specialist physician, 13.3% received health education, and 6.7% were referred for surgery. Only 46% of consumers reported satisfaction with the treatment, listing the friendliness of the professional, prescription of medication and imaging tests as the main factors. The absence of a pain solution and medication prescription, in addition to the quality of professional care, were the main reasons for consumers' dissatisfaction.
Conclusion: Most treatment strategies proposed by primary care health professionals are not in accordance with guidelines for low back pain management. Most consumers reported that the treatment was not effective, and this contributed to dissatisfaction.
Implications: Strategies that bring primary care professionals and consumers with low back pain closer to evidence-based low back pain management recommendations can help in a more effective treatment that promotes consumer satisfaction.
Keywords: Low Back Pain, Primary Health Care, Evidence-Based Practice

Conflicts of interest: The authors declare no conflict of interest.
Acknowledgment: The authors would like to thank the Federal University of Ceará for supporting and encouraging scientific research.
Ethics committee approval: Federal University of Ceará (UFC), 5660798.

https://doi.org/10.1016/j.bjpt.2024.100701

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ROTATOR CUFF ISOMETRIC EXERCISES, SCAPULAR MUSCLE STRENGTHENING AND STRETCHING IN INDIVIDUALS WITH ROTATOR CUFF TENDINOPATHY: A MULTIPLE-SUBJECT CASE REPORT

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Background: Rotator cuff tendinopathy (RC) is a common disorder of the shoulder and may be related to intrinsic and extrinsic factors. Extrinsic factors can be changes in scapular and glenohumeral kinematics that contribute to internal and external impact. Treatment through resistance exercises has been an excellent alternative for this disorder, and isometric exercises have been widely studied for the treatment of tendinopathies of the lower limbs. However, in MR tendinopathies, isometric exercises still need to be better clarified.
Objectives: To evaluate the effects of a rehabilitation protocol of RC isometric exercises along with traditional shoulder exercises on patient-self-reported pain and function, muscle strength, and electromyographic activity in individuals with RC tendinopathy.
Methods: Eleven individuals (8 women and 3 men, 37.9±5.6 years) with RC tendinopathy performed isometric MR exercises in combination with stretching and strengthening of the scapular muscles for 6 weeks. The effects of the treatment were evaluated through pain and shoulder function self-reported by the patient, isometric muscle strength, electromyographic activity during arm elevation and internal and external shoulder rotation, and pain during arm elevation. The evaluations were performed before and at the end of the first session and after 6 weeks of intervention.
Results: There was improvement in shoulder pain and function, increased isometric muscle strength for arm elevation and internal rotation, increased infraspinal and serratus anterior muscle activity, and reduced pain during arm elevation after 6 weeks of intervention.
Conclusion: This case report showed improvement in pain and function, increased shoulder isometric strength and electromyographic activity of the serratus anterior and infraspinal muscles, as well as decreased pain during arm elevation, after a 6-week intervention of RC isometric exercises associated with stretching and strengthening of scapular muscles in patients with RC tendinopathy.
Implications: This case report indicates that a protocol of RC isometric exercises in combination with stretching and strengthening of the scapular muscles may improve pain during arm elevation and shoulder isometric strength, as well as the EMG function and activity of the infraspinal and serratus anterior muscles in individuals with RC tendinopathy. no effects observed immediately after the intervention.
Keywords: Case Report, Exercise therapy, Pain management

Conflict of interest: The authors declare no conflict of interest.
Acknowledgment: Authors are grateful to all the volunteers who contributed to this study.
Ethics committee approval: Ethics and Research Committee of the Federal University of Rio Grande do Norte — Opinion 3,434,684.

https://doi.org/10.1016/j.bjpt.2024.100702

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PUBLICATION RATE OF ABSTRACTS ON PULMONARY REHABILITATION PRESENTED AT THE ERS CONGRESS AND ATS INTERNATIONAL CONFERENCE

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