



SCIENTIFIC THESIS TO ACHIEVE THE DO-DIPLOMA  
AT THE INTERNATIONAL ACADEMY OF OSTEOPATHY

OSIS – a three-armed randomized controlled clinical trial

# The effect of osteopathic treatment in subacromial impingement syndrome on pain and disability measured with the SPADI

- Subacromial impingement syndrome is the most common orthopaedic shoulder pain
- For osteopathic medicine there are so far only very few studies and no study with a number of subjects larger than 30
- OSIS investigated the effect of osteopathy on shoulder pain and shoulder disability using the SPADI questionnaire in a multicentre setting with 153 subjects.
- Osteopathy was compared with the daily evidence-based exercise program according to Dutch physiotherapeutic guidelines as well as the combination of osteopathy and the aforementioned exercises.
- The results of OSIS show that all three procedures achieve significant improvements.
- However, there was no significant difference between the three methods.
- It can therefore be concluded that osteopathy with only three treatments effectively reduces shoulder pain and shoulder disabilities in patients with subacromial impingement syndrome.
- The effectiveness of osteopathy is not less than that of the current evidence-based gold standard of physiotherapy.

