

Sports shoulder tendinopathy (overstress tendinopathy)

Adults with a one-sided overloading of the shoulder tendons, so-called "sports shoulder" or "rotator cuff tendinopathy".

Overuse tendinopathy is a non-inflammatory, painful disease of the tendons or tendon insertions and can affect the joints of the shoulder, elbow, hand, hip or feet. One of the most common tendinopathies occurs on the shoulder, the so-called rotator cuff, which is why it is also called rotator cuff tendinopathy. The rotator cuff is a group of 4 muscles that surround and stabilize the shoulder joint.

The disease is usually caused by over- or incorrect loading of the affected joints and is a typical stress disorder that occurs primarily in people who are active in sports or in occupational groups that frequently repeat monotonous movements. Overuse of the joints leads to so-called micro injuries in the tendon (micro traumas). Initially, the pain occurs only when the respective activity is performed, e.g. when swimming or playing tennis. If the strain continues, the sensation of pain can increase and the pain also occurs at rest. Further stress can eventually lead to active movement pain and movement restrictions at the affected joints.

Treatment of tendinopathy initially involves immobilization of the affected joint, cooling and various forms of physiotherapy. Anti-inflammatory painkillers such as aspirin, ibuprofen or cortisone injections into the painful area can also be used to reduce pain.

Who can participate in this study?

The most important criteria for participation in the study are:

- Age minimum 18 years, maximum 65 years
- Diagnosis of a one-sided rotator cuff* tendinopathy (* a group of muscles in the shoulder area)
- no satisfactory effect of treatment with non-steroidal anti-inflammatory drugs (e.g. acetylsalicylic acid, ibuprofen) and physiotherapy
- no earlier treatment with so-called biologics must have taken place

Participation is not possible if

- effective contraception does not take place
- a pregnancy exists or breast-feeding takes place
- a chronic inflammatory disease (psoriasis, psoriatic arthritis, rheumatoid arthritis or ankylosing spondylitis) has been diagnosed

What kind of therapy ?

An antibody (special proteins produced by the body) is used to treat inadequate responses from non-steroidal anti-inflammatory drugs and/or physiotherapy compared to placebo (sham drug). Antibodies recognise certain substances in the body, bind them and thus reduce their effect. In this way, they can prevent a disease or reduce disease activity. Interleukin-17A is a messenger substance produced naturally in the body that is involved in the inflammatory reaction of the immune system, among other things. The active substance binds to the messenger Interleukin-17A and thus inhibits its effect on the body.

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