



## To study the effect of Introducing Reciprocal Inhibition in Physiotherapy Protocol

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**Study :** To study the effect of introducing the Reciprocal Inhibition in Physiotherapy Protocol and conjunctions of various factors with Shoulder Tendinitis from the perspective of the patients of Shoulder Tendinitis .

### Introduction:

Shoulder mobility is crucial for performing various daily activities, and restrictions in this range of motion can significantly impact an individual's ability to perform ADLs like combing, shaving, cooking , bathing, dressing ,driving etc.

This study aims to systematically explore the efficacy of soft tissue gliding in improving both mobility and pain levels during shoulder abduction

Soft Tissue Glides can be applied to treat the following conditions of Shoulder Joint :

- a) Tendinopathy<sup>1,2,3</sup>
- b) Bursitis<sup>2</sup>
- c) Adhesive Capsulitis<sup>4,6</sup>
- d) Restricted Range of Motion<sup>4,5</sup>
- e) Reducing Pain<sup>6,1</sup>

Shoulder pain constitutes a prevalent reason for visits to primary care and orthopaedic clinics worldwide. The prevalence of shoulder complaints is estimated to range from 7% to 34%, with shoulder impingement syndrome identified as a prominent underlying aetiology. Since its initial description in 1852, shoulder impingement syndrome has emerged as the foremost cause of shoulder pain, accounting for a substantial percentage, ranging from 44% to 65%, of all reported shoulder complaints.<sup>8</sup>

### Aims/Objectives :

- To survey the correlation of demographic factors of Shoulder Tendinitis patients.
- To survey the effect of Reciprocal Inhibition from the perspective of the patient.
- To survey the change of symptoms as reported by the patients; due to introduction of Reciprocal Inhibition in the rehab protocol of Shoulder Tendinitis patients.
- To Survey the
- 

### Study Design/Methodology/Result

- Study Design – Survey Study
- Sampling Method – Convenient sampling method
- Study population – Patients diagnosed with Tendinitis of Shoulder
- Sample size- 500
- Study setting – Questionnaire Reporting
- Duration of study – 2 months

### Inclusion criteria

1. Age between 18-75 yrs.
2. Daignosed Cases of Shoulder Tendinitis.
- 3.Participants are both male and female patients.
- 5.Willingness to participate in the study.

### Exclusion criteria

1. Patients with history of surgery, fracture or dislocation



2. Traumatic onset.
3. Massive rotator cuff tears.
4. Rheumatoid arthritis.
5. Shoulder instability
6. Cervical radiculopathy.
7. Undiagnosed Cases of Shoulder Pain /Tendinitis

Outcome measures:

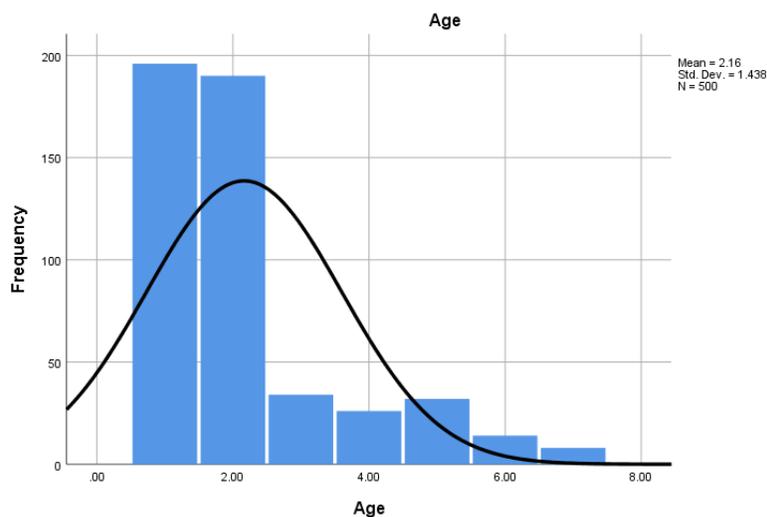
1. Questionnaire

**Result:** Exploration and analysis tools, such as machine learning, data visualisation, and statistical analysis. Data analysis primarily aims to discover trends and patterns, forecast future outcomes, and produce insights that can guide choices and motivate actions. It entails testing hypotheses, discovering correlations and dependencies, and answering certain questions using data. Technical know-how, subject-matter knowledge, and analytical thinking are the pillars of sound data analysis. It requires proficiently handling complicated and huge datasets, selecting appropriate methods and tools, and successfully conveying results.

**Table-1**

		Age			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Under 18	196	39.2	39.2	39.2
	18-24	190	38.0	38.0	77.2
	25-34	34	6.8	6.8	84.0
	35-44	26	5.2	5.2	89.2
	45-54	32	6.4	6.4	95.6
	55-64	14	2.8	2.8	98.4
	65 or older	8	1.6	1.6	100.0
	Total	500	100.0	100.0	

Graph-1

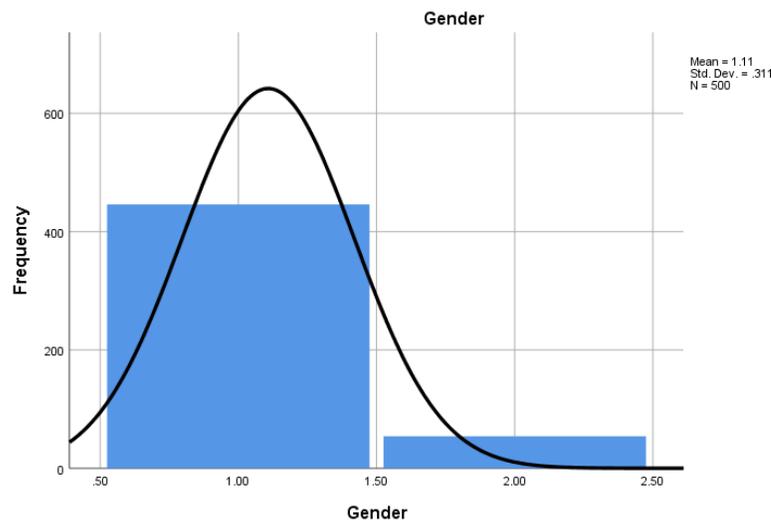




Our research led us to the information presented in the graph and table up top, where it says that 500 people made up the sample."Age" 196(39.2%) respondents responded Under 18, 190(38%) respondents responded 18-24, 34(6.8%) respondents responded 25-34 and 26(5.2%) respondents responded 35-44 and 32(6.4%) respondents responded 45-54 and 14(2.8%) respondents responded 55-64 and 8(1.6%) respondents responded 65 or older.

Table-2

Gender					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	446	89.2	89.2	89.2
	Female	54	10.8	10.8	100.0
	Total	500	100.0	100.0	



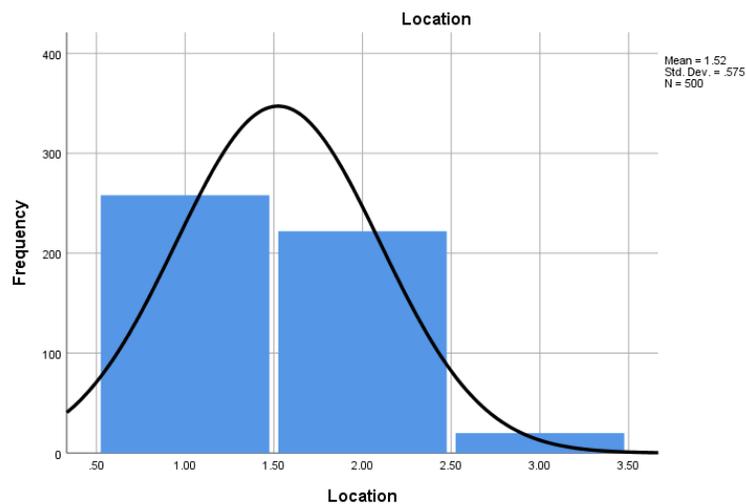
Graph-2

Our research led us to the information presented in the graph and table up top, where it says that 500 people made up the sample. There were 446 male respondents (89.2% of the total) and 54 female replies (10.8% of the total) when asked about "Gender."

Table-3

Location					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Urban	258	51.6	51.6	51.6
	Suburban	222	44.4	44.4	96.0
	Rural	20	4.0	4.0	100.0
	Total	500	100.0	100.0	

Graph-3

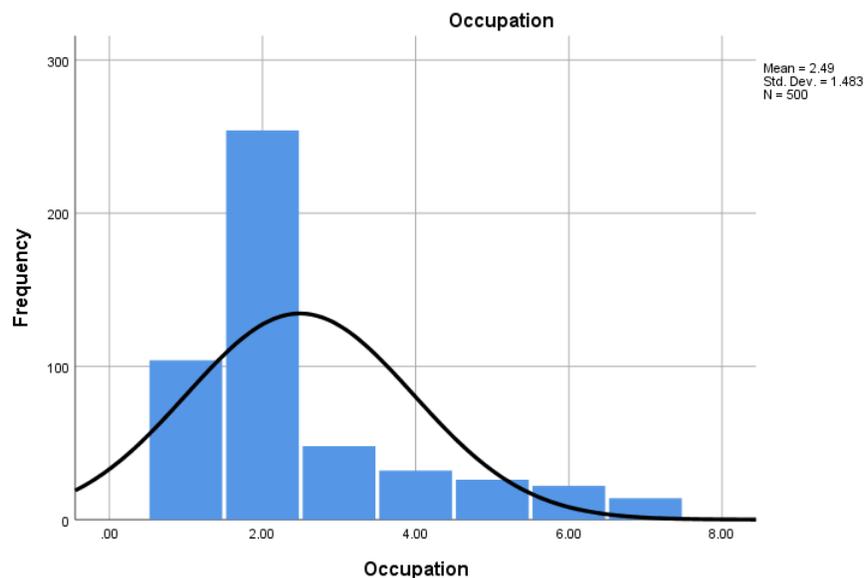


From this data, we can observe that the majority of respondents, 51.6%, reside in urban areas, followed by 44.4% in suburban areas, and a smaller 4.0% in rural areas. This distribution provides insights into the geographic distribution of the survey or study participants, which can be valuable for various research and analytical purposes.

Table-4

Occupation					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Student	104	20.8	20.8	20.8
	Employed full-time	254	50.8	50.8	71.6
	Employed part-time	48	9.6	9.6	81.2
	Self-employed	32	6.4	6.4	87.6
	Unemployed	26	5.2	5.2	92.8
	Retired	22	4.4	4.4	97.2
	Other (please specify)	14	2.8	2.8	100.0
	Total	500	100.0	100.0	

Graph-4

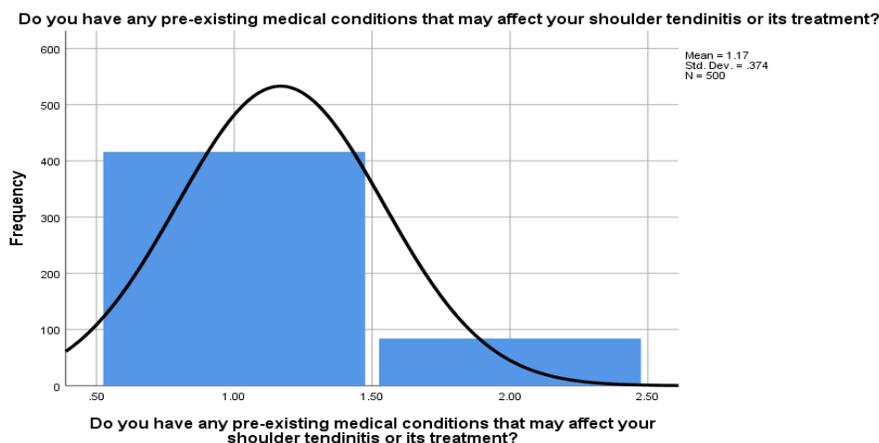


Our research led us to the information presented in the graph and table up top, where it says that 500 people made up the sample. "Occupation" The following breakdown of respondents is provided: 104 (20.8%) were students, 254 (50.8%) were employed full-time, 48 (9.6%) were working part-time, 32 (6.4%) were self-employed, 26 (5.2%) were unemployed, 22 (4.4%) were retirees, and 14 (2.8%) were other (please specify).

Table-5

Do you have any pre-existing medical conditions that may affect your shoulder tendinitis or its treatment?					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	416	83.2	83.2	83.2
	No	84	16.8	16.8	100.0
	Total	500	100.0	100.0	

Graph-5



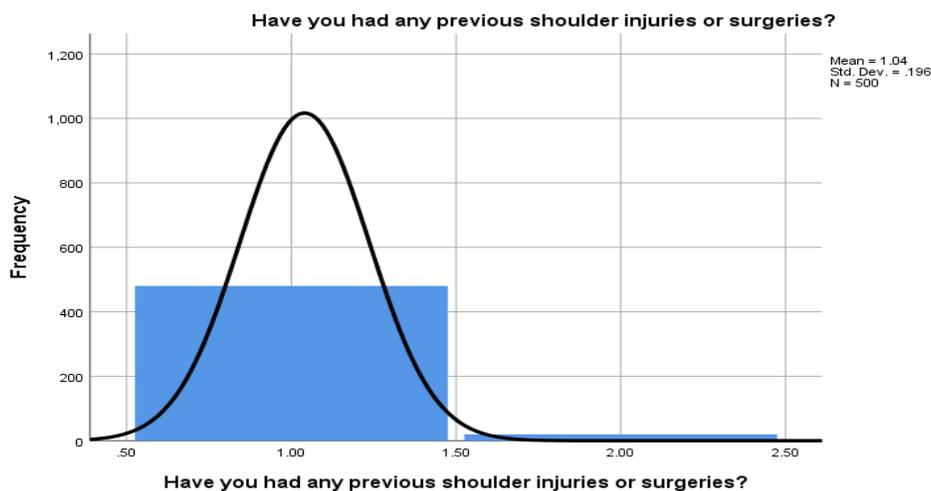
Our research led us to the information presented in the graph and table up top, where it says that 500 people made up the sample. "Do you have any pre-existing medical conditions that may affect your shoulder tendinitis or its treatment?" Among the responders, 416 (or 83.2% of the total) chose "Yes," while 84 (16.8%) chose "No."



Table-6

Have you had any previous shoulder injuries or surgeries?					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	480	96.0	96.0	96.0
	No	20	4.0	4.0	100.0
	Total	500	100.0	100.0	

Graph-6

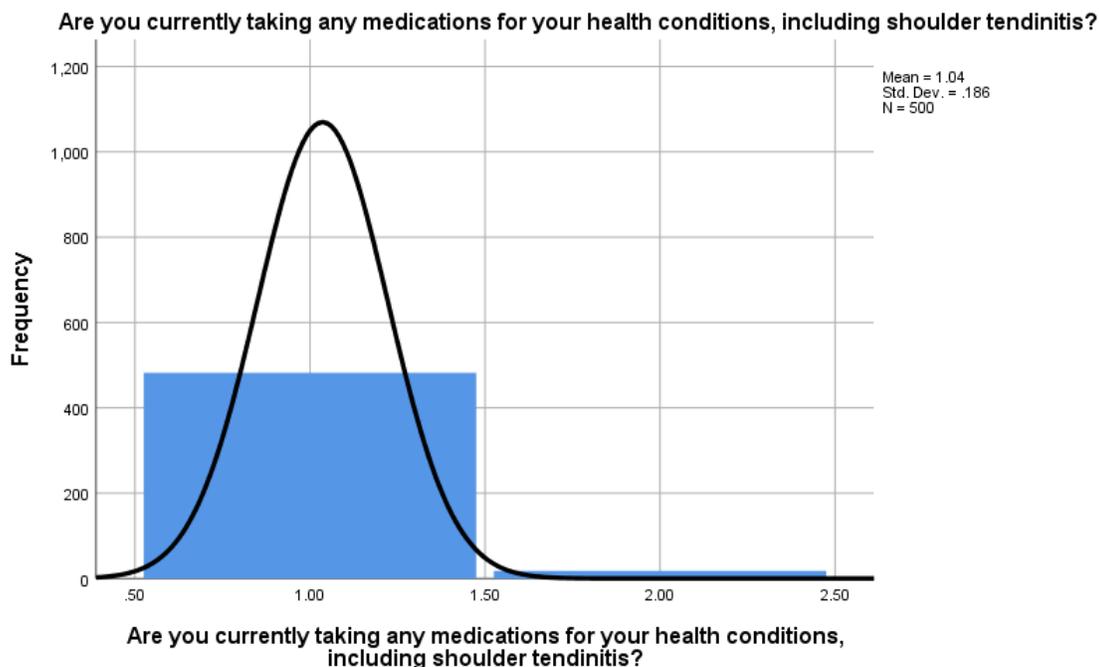


Our research led us to the information presented in the graph and table up top, where it says that 500 people made up the sample. "Have you had any previous shoulder injuries or surgeries" Yes," said 480 (or 96% of the total) respondents, while 20 (or 4% of the total) said no.

Table-7

Are you currently taking any medications for your health conditions, including shoulder tendinitis?					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	482	96.4	96.4	96.4
	No	18	3.6	3.6	100.0
	Total	500	100.0	100.0	

Graph-7

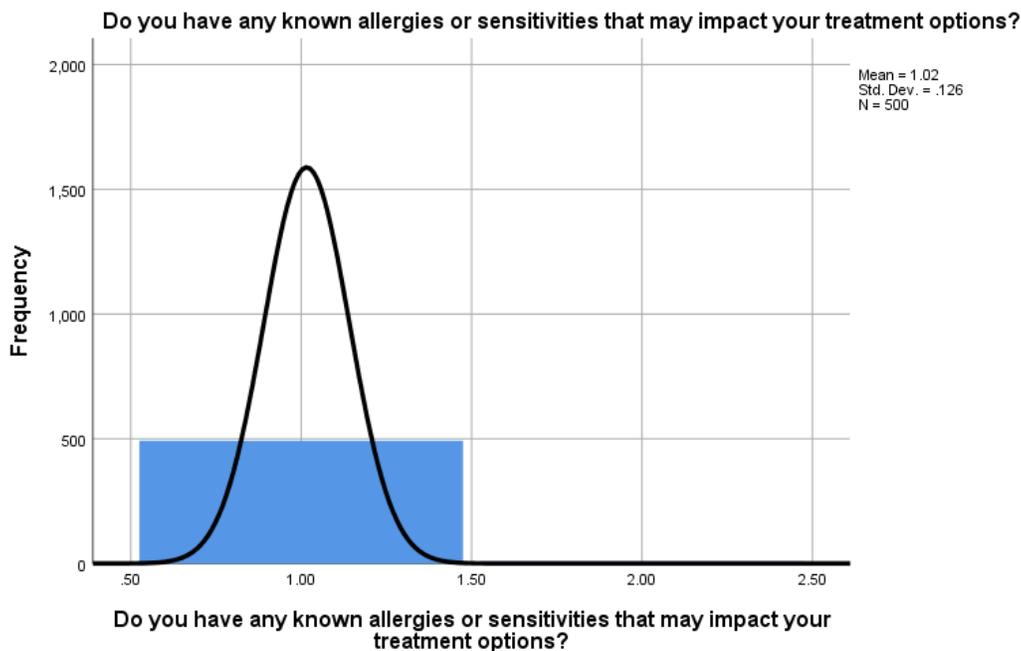


Our research led us to the information presented in the graph and table up top, where it says that 500 people made up the sample. “Are you currently taking any medications for your health conditions, including shoulder tendinitis? 482 people (or 96.4% of the total) said yes, while 18 people (or 3.6% of the total) said no.

<b>Do you have any known allergies or sensitivities that may impact your treatment options?</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	492	98.4	98.4	98.4
	No	8	1.6	1.6	100.0
	Total	500	100.0	100.0	

Table-8

Graph-8



Our research led us to the information presented in the graph and table up top, where it says that 500 people made up the sample. Do you have any known allergies or sensitivities that may impact your treatment options? There were 492 affirmative responses (98.4% of the total) and 8 negative ones (1.6%).

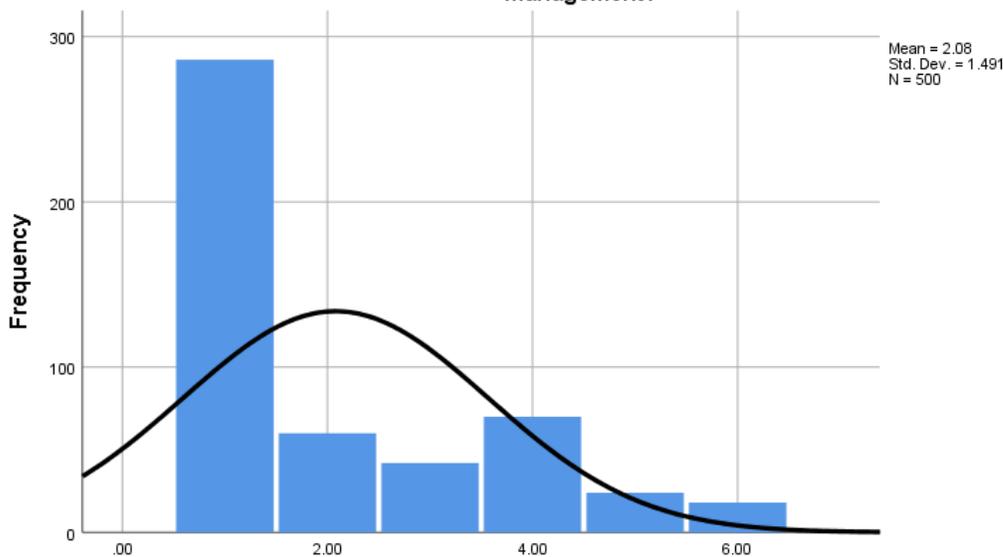
Table-9

What is your preferred method of communication for receiving information about shoulder tendinitis and its management?					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Email	286	57.2	57.2	57.2
	Phone calls	60	12.0	12.0	69.2
	In-person consultations	42	8.4	8.4	77.6
	Online articles/websites	70	14.0	14.0	91.6
	Social media	24	4.8	4.8	96.4
	Other (please specify)	18	3.6	3.6	100.0
	Total	500	100.0	100.0	

Graph-9



What is your preferred method of communication for receiving information about shoulder tendinitis and its management?



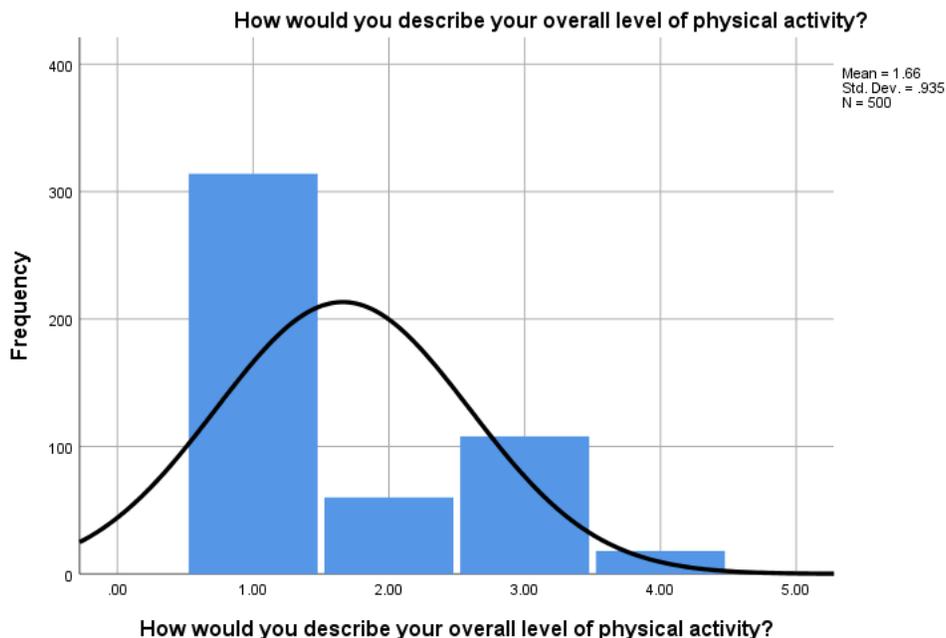
What is your preferred method of communication for receiving information about shoulder tendinitis and its management?

From the data, we can see that the most preferred method of communication is through Email, with 57.2% of respondents choosing this option. Following that, 12.0% prefer Phone calls, 8.4% opt for In-person consultations, and 14.0% prefer accessing information through Online articles/websites. A smaller percentage, 4.8%, choose Social media as their preferred channel, and 3.6% have specified other methods not listed in the predefined options.

Table-10

How would you describe your overall level of physical activity?					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Sedentary (little to no physical activity)	314	62.8	62.8	62.8
	Lightly active (minimal physical activity)	60	12.0	12.0	74.8
	Moderately active (regular physical activity)	108	21.6	21.6	96.4
	Very active (frequent vigorous physical activity)	18	3.6	3.6	100.0
	Total	500	100.0	100.0	

Graph-10

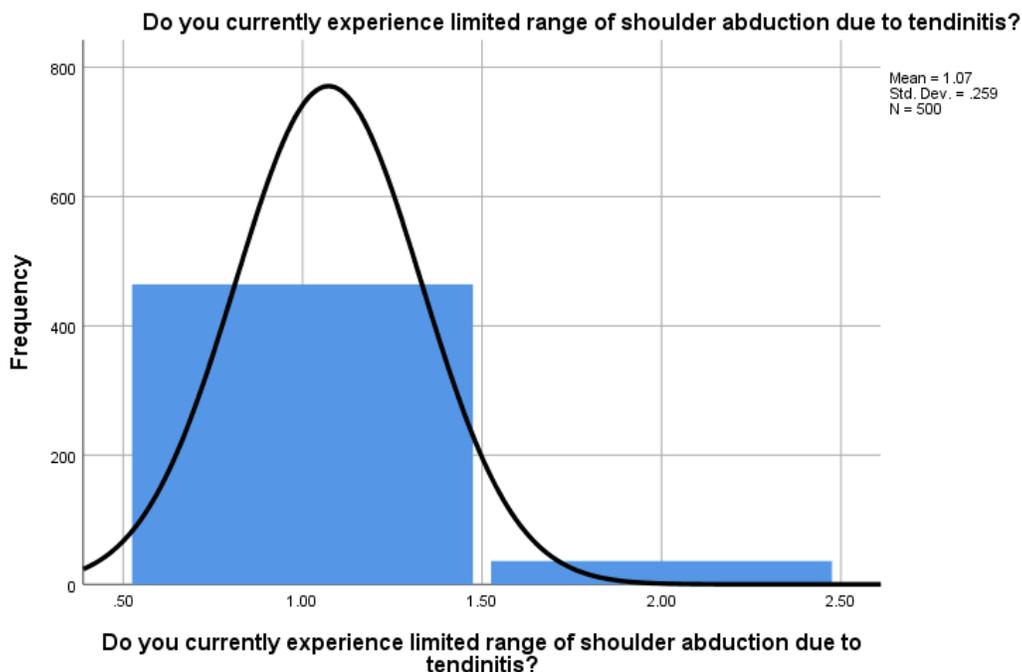


From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. How would you describe your overall level of physical activity?" 314(62.8%) respondents responded Sedentary (little to no physical activity), 60(12%) respondents responded Lightly active (minimal physical activity) and 108(21.6%) respondents responded Moderately active (regular physical activity) whereas 18(3.6%) respondents responded Very active (frequent vigorous physical activity).

Table-11

Do you currently experience limited range of shoulder abduction due to tendinitis?					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	464	92.8	92.8	92.8
	No	36	7.2	7.2	100.0
	Total	500	100.0	100.0	

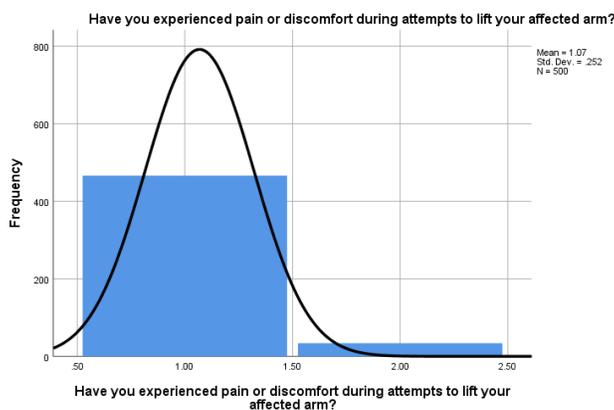
Graph-11



According to the statistics shown in the graph and table above, which are derived from our study, the sample data pertains to 500 respondents. “Do you currently experience limited range of shoulder abduction due to tendinitis? 464(92.8%) respondents responded as Yes, whereas 36(7.2%) respondents responded as No  
Table-12

Have you experienced pain or discomfort during attempts to lift your affected arm?					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	466	93.2	93.2	93.2
	No	34	6.8	6.8	100.0
	Total	500	100.0	100.0	

Graph-12



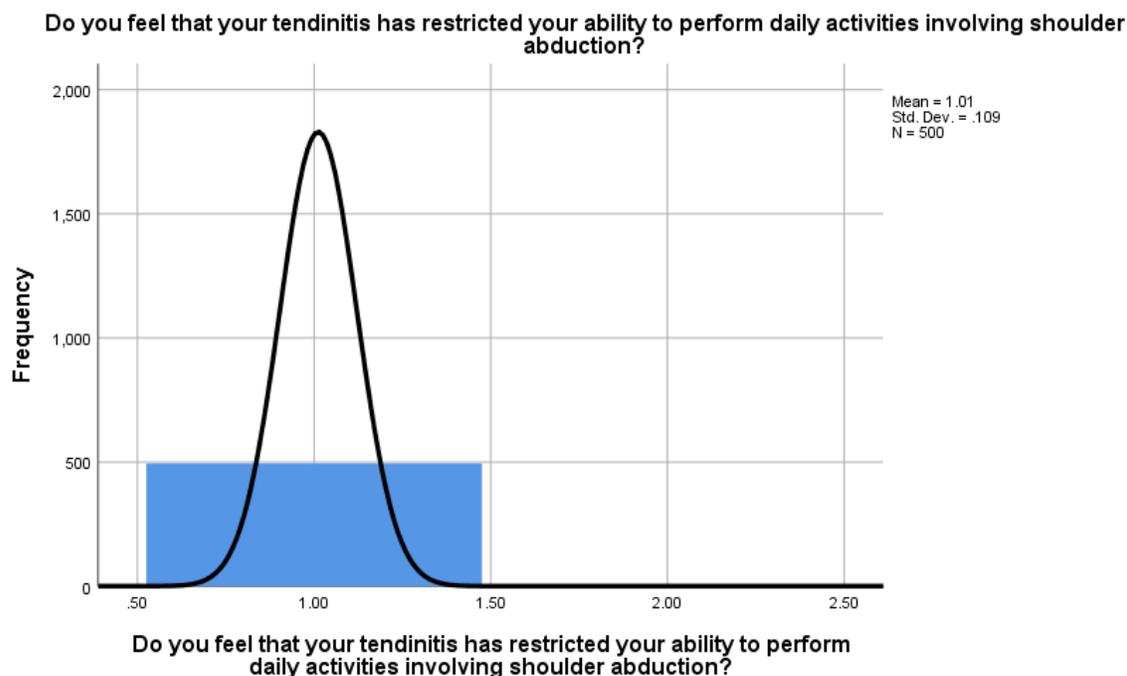
From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. Have you experienced pain or discomfort during attempts to lift your affected arm? 466(93.2%) respondents responded as Yes, whereas 34(6.8%) respondents responded as No



Table-13

Do you feel that your tendinitis has restricted your ability to perform daily activities involving shoulder abduction?					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	494	98.8	98.8	98.8
	No	6	1.2	1.2	100.0
	Total	500	100.0	100.0	

Graph-13

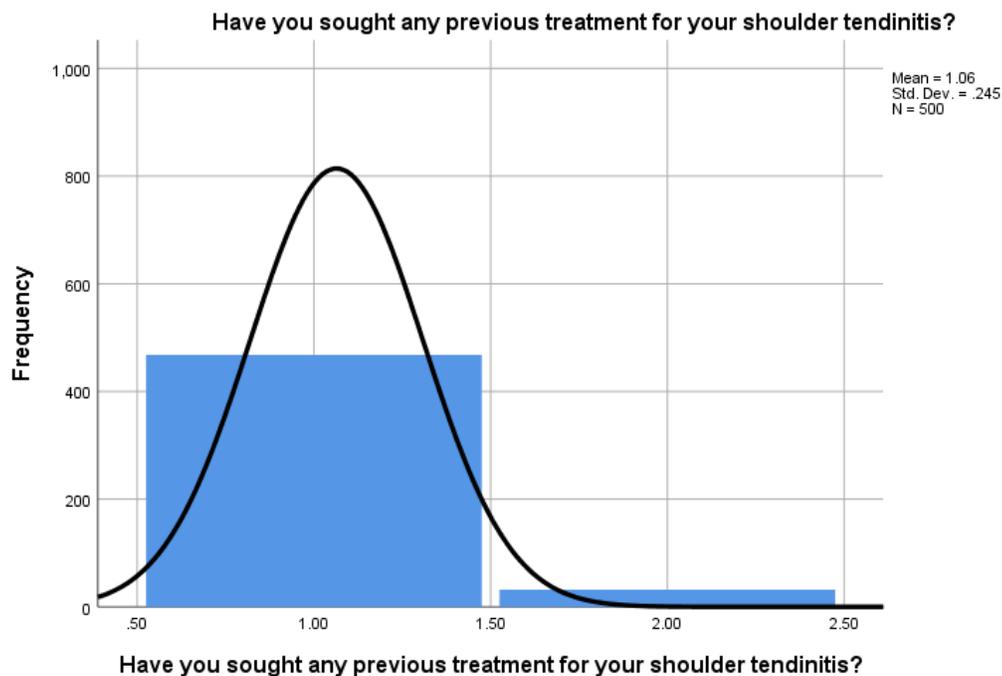


From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. Do you feel that your tendinitis has restricted your ability to perform daily activities involving shoulder abduction? 494(98.8%) respondents responded as Yes, whereas 6(1.2%) respondents responded as No

Table-14

Have you sought any previous treatment for your shoulder tendinitis?					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	468	93.6	93.6	93.6
	No	32	6.4	6.4	100.0
	Total	500	100.0	100.0	

Graph-14

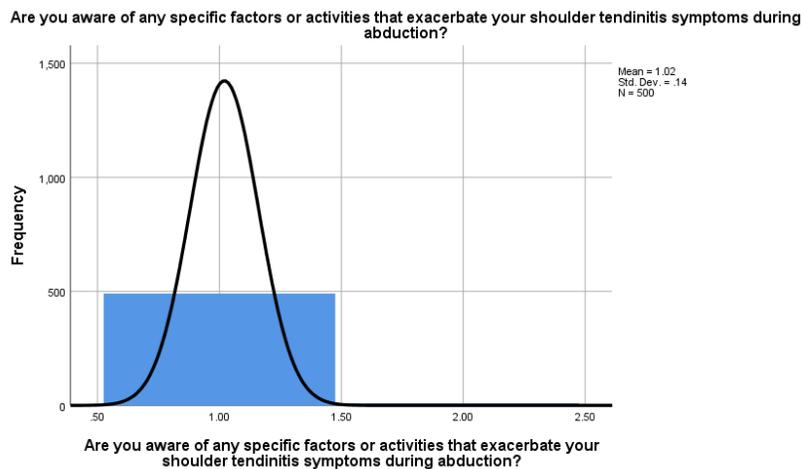


From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. Have you sought any previous treatment for your shoulder tendinitis? 468(93.6%) respondents responded as Yes, whereas 32(6.4%) respondents responded as No

Table -15

<b>Are you aware of any specific factors or activities that exacerbate your shoulder tendinitis symptoms during abduction?</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	490	98.0	98.0	98.0
	No	10	2.0	2.0	100.0
	Total	500	100.0	100.0	

Graph-15

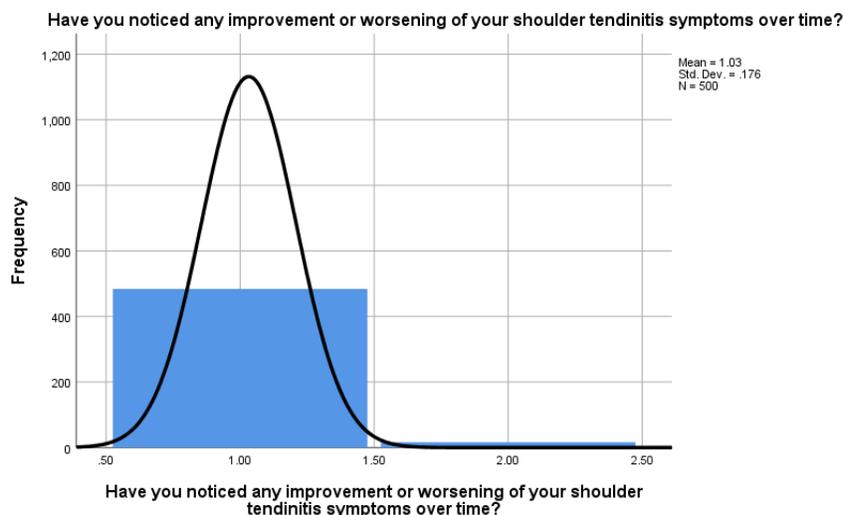


From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. Are you aware of any specific factors or activities that exacerbate your shoulder tendinitis symptoms during abduction? 490(98%) respondents responded as Yes, whereas 10(2%) respondents responded as No

Table-16

Have you noticed any improvement or worsening of your shoulder tendinitis symptoms over time?					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	484	96.8	96.8	96.8
	No	16	3.2	3.2	100.0
	Total	500	100.0	100.0	

Graph-16



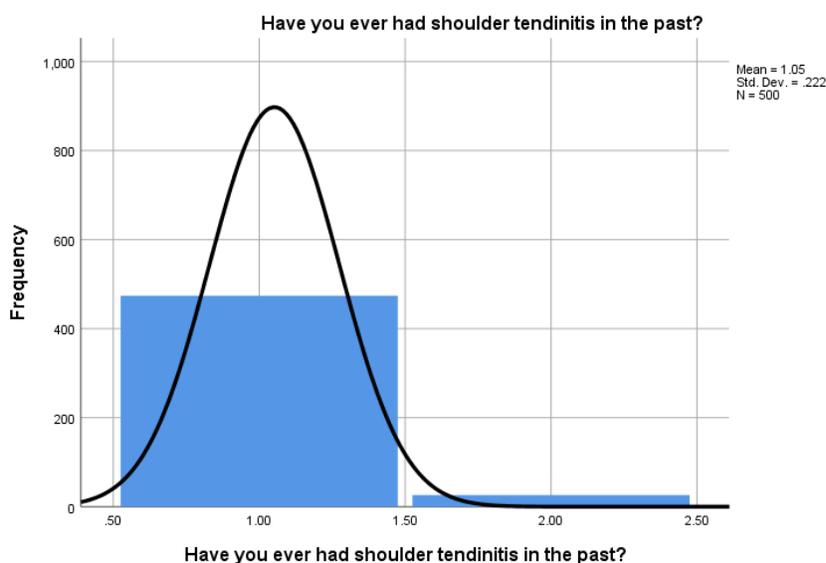
From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. Have you noticed any improvement or worsening of your shoulder tendinitis symptoms over time? 484(96.8%) respondents responded as Yes, whereas 16(3.2%) respondents responded as No

Table-17



Have you ever had shoulder tendinitis in the past?					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	474	94.8	94.8	94.8
	No	26	5.2	5.2	100.0
	Total	500	100.0	100.0	

Graph-17



Our research led us to the information presented in the graph and table up top, where it says that 500 people made up the sample. "Have you ever had shoulder tendinitis in the past?" Of the total respondents, 474 (or 94.8 percent) said yes and 26 (or 5.2 percent) said no.

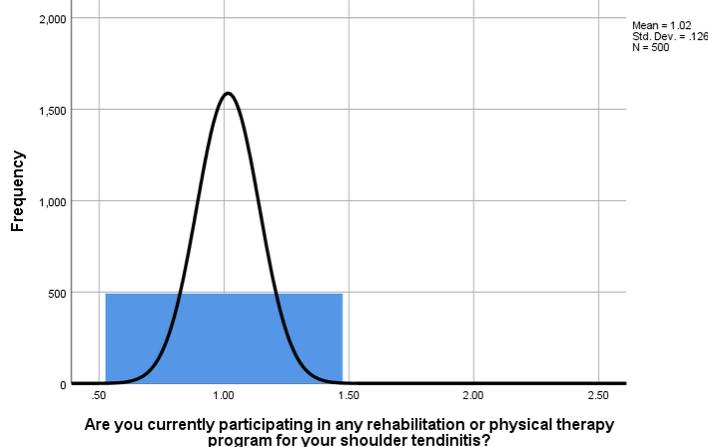
Table-18

Are you currently participating in any rehabilitation or physical therapy program for your shoulder tendinitis?					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	492	98.4	98.4	98.4
	No	8	1.6	1.6	100.0
	Total	500	100.0	100.0	

Graph-18



Are you currently participating in any rehabilitation or physical therapy program for your shoulder tendinitis?

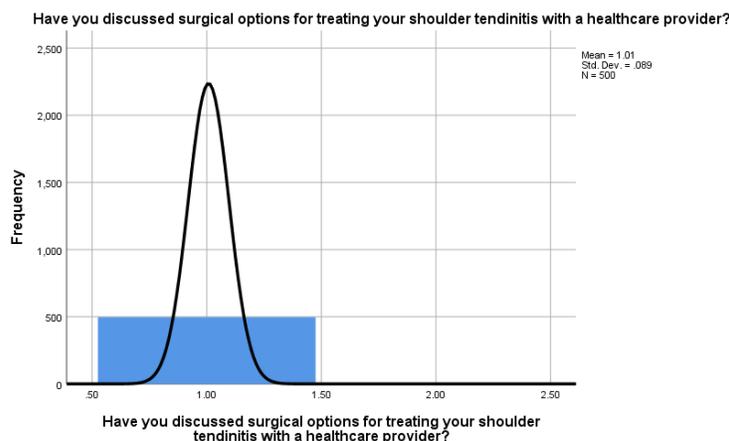


From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. "Are you currently participating in any rehabilitation or physical therapy program for your shoulder tendinitis?" 492(98.4%) respondents responded as Yes, whereas 8(1.6%) respondents responded as No

Table-19

Have you discussed surgical options for treating your shoulder tendinitis with a healthcare provider?					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	496	99.2	99.2	99.2
	No	4	.8	.8	100.0
	Total	500	100.0	100.0	

Graph-19



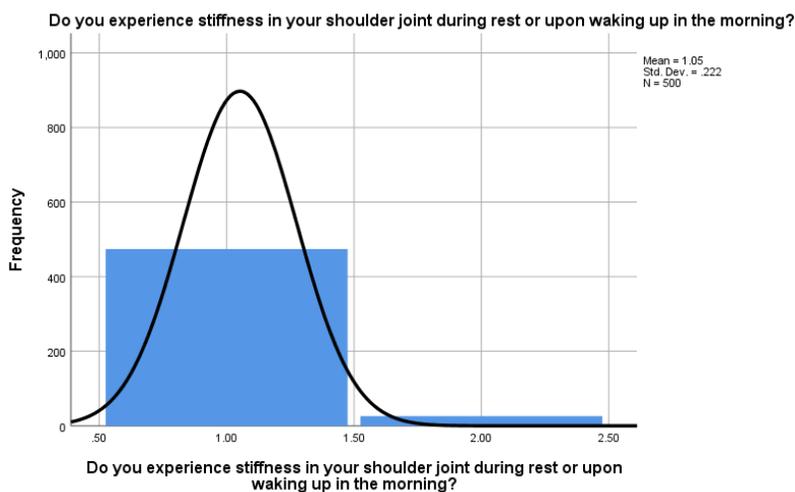
Our research led us to the information presented in the graph and table up top, where it says that 500 people made up the sample. "Have you discussed surgical options for treating your shoulder tendinitis with a healthcare provider?" Four hundred and ninety-six people (99.2%) said yes, while eight people (0.8%) said no.



Table-20

Do you experience stiffness in your shoulder joint during rest or upon waking up in the morning?					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	474	94.8	94.8	94.8
	No	26	5.2	5.2	100.0
	Total	500	100.0	100.0	

Graph-20

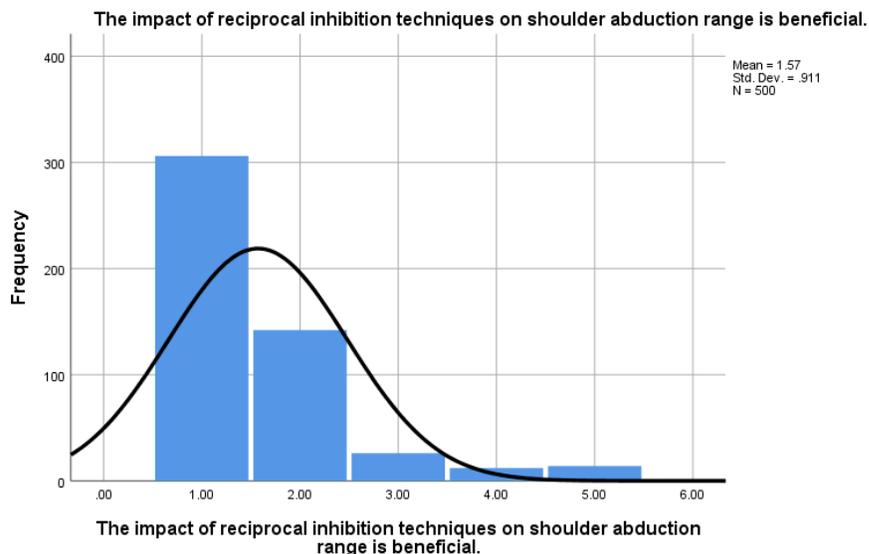


Our research led us to the information presented in the graph and table up top, where it says that 500 people made up the sample. "Do you experience stiffness in your shoulder joint during rest or upon waking up in the morning?" Of the total respondents, 474 (or 94.8 percent) said yes and 26 (or 5.2 percent) said no.

Table-21

The impact of reciprocal inhibition techniques on shoulder abduction range is beneficial.					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	306	61.2	61.2	61.2
	Agree	142	28.4	28.4	89.6
	Neutral	26	5.2	5.2	94.8
	Disagree	12	2.4	2.4	97.2
	Strongly Disagree	14	2.8	2.8	100.0
	Total	500	100.0	100.0	

Graph-21



From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents.”The impact of reciprocal inhibition techniques on shoulder abduction range is beneficial. 306(61.2%) respondents responded Strongly Agree, 142(28.4%) respondents responded Agree, 26(5.2%) respondents responded Neutral and 12(2.4%) respondents responded Disagree and 14(2.8%) respondents responded

Strongly Disagree.

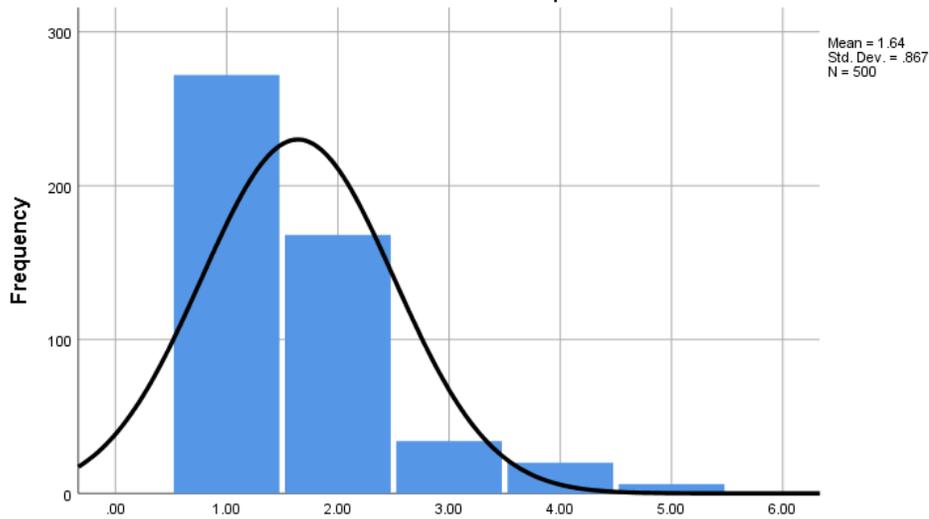
Table-21

Comfort and reduced pain are experienced during shoulder abduction exercises with reciprocal inhibition techniques.					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	272	54.4	54.4	54.4
	Agree	168	33.6	33.6	88.0
	Neutral	34	6.8	6.8	94.8
	Disagree	20	4.0	4.0	98.8
	Strongly Disagree	6	1.2	1.2	100.0
	Total	500	100.0	100.0	

Graph-21



**Comfort and reduced pain are experienced during shoulder abduction exercises with reciprocal inhibition techniques.**



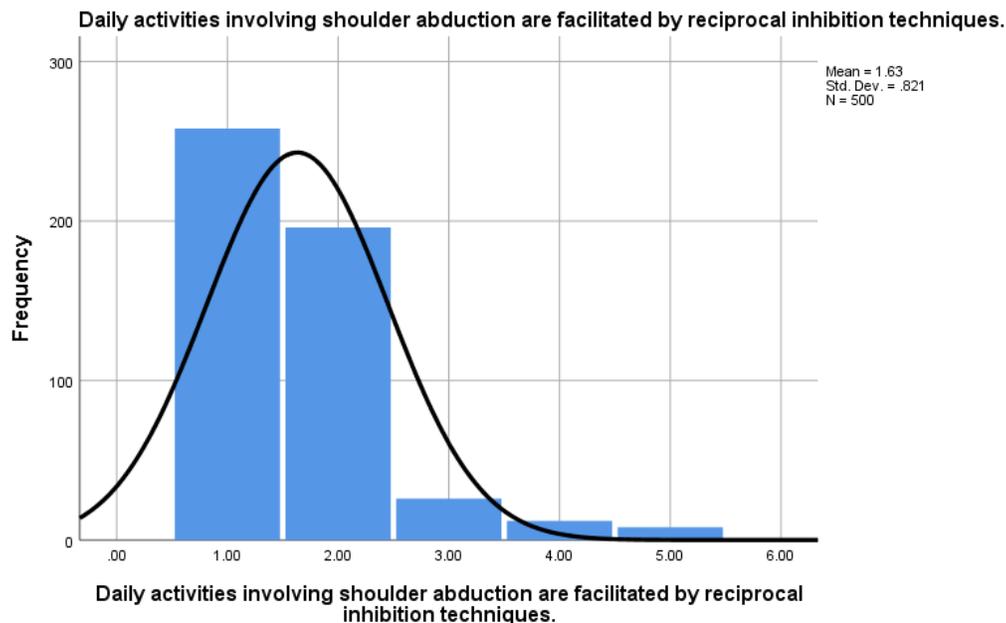
**Comfort and reduced pain are experienced during shoulder abduction exercises with reciprocal inhibition techniques.**

From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. “Comfort and reduced pain are experienced during shoulder abduction exercises with reciprocal inhibition techniques”. Among the responses, 272 (or 54.4% of the total) were marked as Strongly Agree, 168 (33.6%) as Agree, 34 (6.8%) as Neutral, 20 (4% of the total) as Disagree, and 6 (1.2%) as Strongly Disagree.

Table-22

<b>Daily activities involving shoulder abduction are facilitated by reciprocal inhibition techniques.</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	258	51.6	51.6	51.6
	Agree	196	39.2	39.2	90.8
	Neutral	26	5.2	5.2	96.0
	Disagree	12	2.4	2.4	98.4
	Strongly Disagree	8	1.6	1.6	100.0
	Total	500	100.0	100.0	

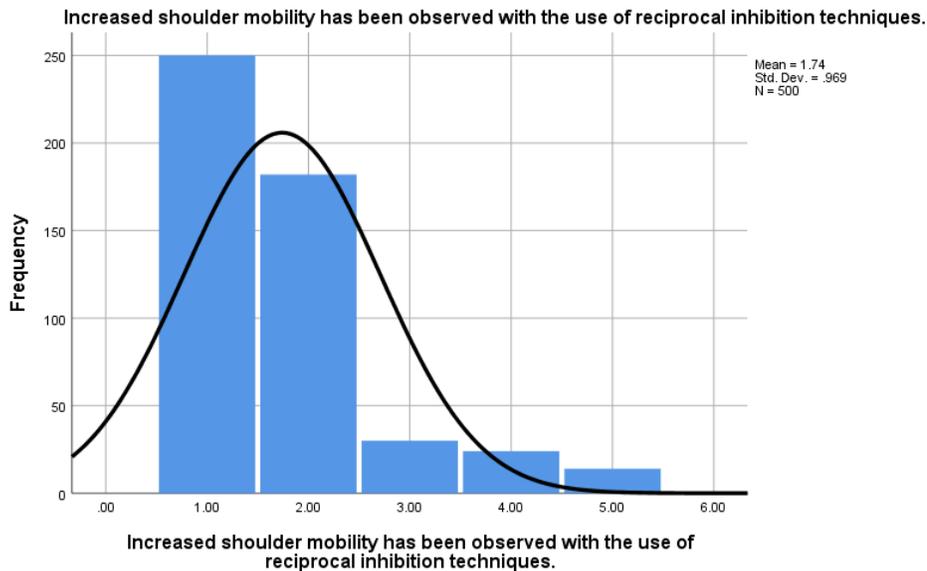
Graph-22



From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. “Daily activities involving shoulder abduction are facilitated by reciprocal inhibition techniques.” There were 258 respondents who gave the Strongly Agree response, 196 who gave the Agree response, 26 who gave the Neutral response, 12 who gave the Disagree response, and 8 who gave the Strongly Disagree response, for a total of 51.6 percent.

Table-23

Increased shoulder mobility has been observed with the use of reciprocal inhibition techniques.					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	250	50.0	50.0	50.0
	Agree	182	36.4	36.4	86.4
	Neutral	30	6.0	6.0	92.4
	Disagree	24	4.8	4.8	97.2
	Strongly Disagree	14	2.8	2.8	100.0
	Total	500	100.0	100.0	



Graph-23

From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. Increased shoulder mobility has been observed with the use of reciprocal inhibition techniques. The results showed that 250 people (or 50% of the total) strongly agreed, 182 people (or 36.4% of the total) agreed, 30 people (or 6% of the total) were neutral, 24 people (or 4.8% of the total) disagreed, and 14 people (or 2.8% of the total) strongly disagreed.

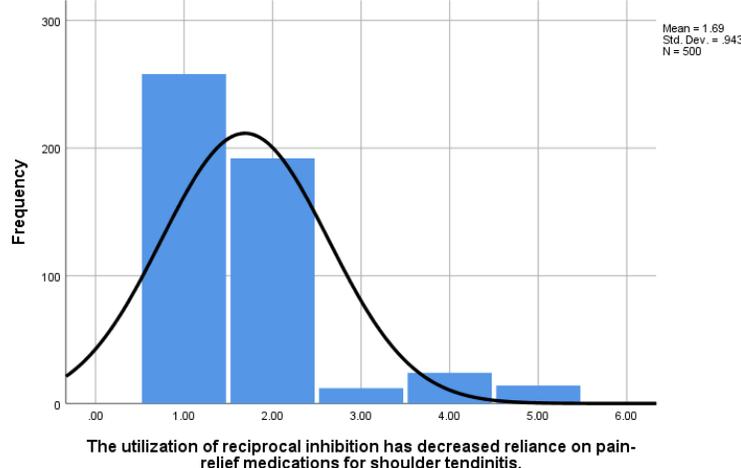
Table-24

<b>The utilization of reciprocal inhibition has decreased reliance on pain-relief medications for shoulder tendinitis.</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	258	51.6	51.6	51.6
	Agree	192	38.4	38.4	90.0
	Neutral	12	2.4	2.4	92.4
	Disagree	24	4.8	4.8	97.2
	Strongly Disagree	14	2.8	2.8	100.0
	Total	500	100.0	100.0	

Ggraph-24



The utilization of reciprocal inhibition has decreased reliance on pain-relief medications for shoulder tendinitis.

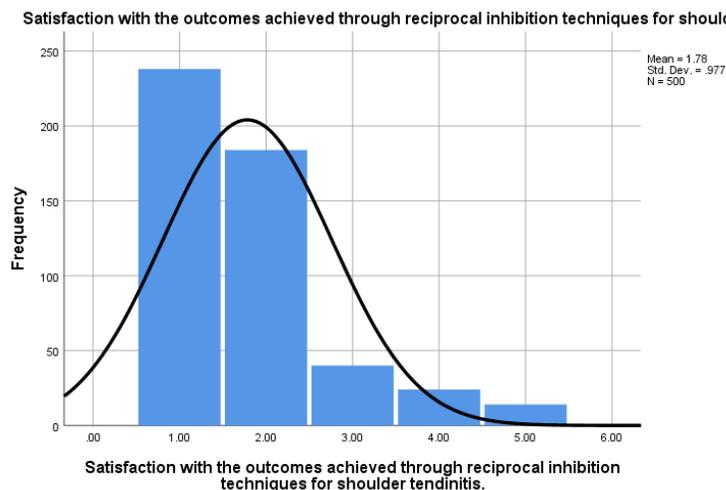


From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. "The utilization of reciprocal inhibition has decreased reliance on pain-relief medications for shoulder tendinitis." 258 people (or 51.6% of the total) gave the statement a Strongly Agree, 192 people (or 38.4% of the total) gave the statement an Agree, 12 people (or 2.4%) gave the statement a Neutral, 24 people (or 4.8% of the total) gave the statement a Disagree, and 14 people (or 2.8%) gave the statement a Strongly Disagree.

Table-25

Satisfaction with the outcomes achieved through reciprocal inhibition techniques for shoulder tendinitis.					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	238	47.6	47.6	47.6
	Agree	184	36.8	36.8	84.4
	Neutral	40	8.0	8.0	92.4
	Disagree	24	4.8	4.8	97.2
	Strongly Disagree	14	2.8	2.8	100.0
	Total	500	100.0	100.0	

Graph-25



From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. “Satisfaction with the outcomes achieved through reciprocal inhibition techniques for shoulder tendinitis.” Of the total number of respondents, 238 (or 47.6%) gave the Strongly Agree response, 184 (36.6%) gave the Agree response, 40 (8.3%) gave the Neutral response, 24 (4.8%) gave the Disagree response, and 14 (2.8%) gave the Strongly Disagree response.

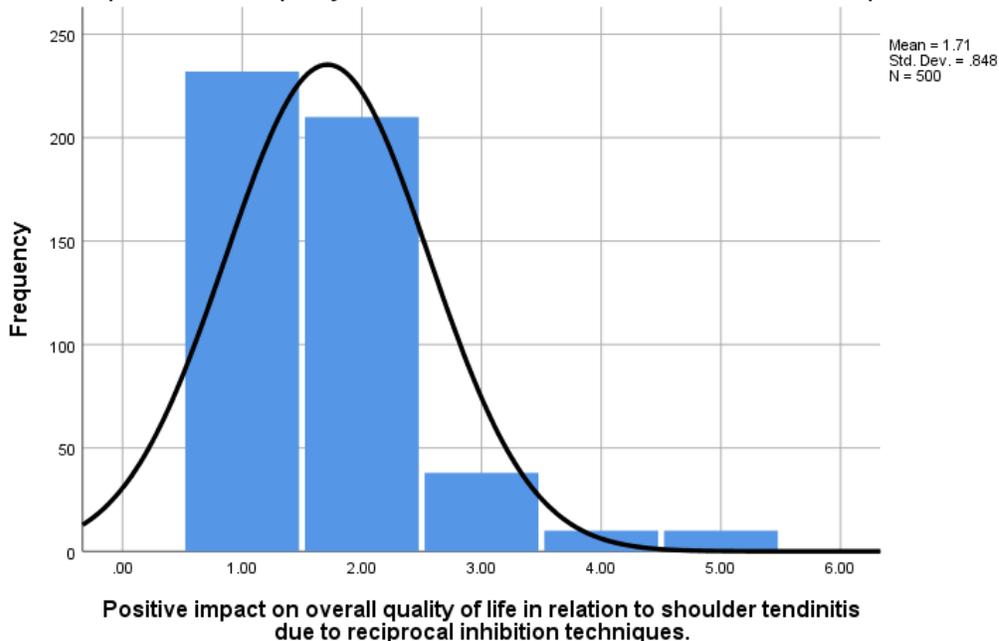
Table-26

Positive impact on overall quality of life in relation to shoulder tendinitis due to reciprocal inhibition techniques.					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	232	46.4	46.4	46.4
	Agree	210	42.0	42.0	88.4
	Neutral	38	7.6	7.6	96.0
	Disagree	10	2.0	2.0	98.0
	Strongly Disagree	10	2.0	2.0	100.0
	Total	500	100.0	100.0	

Graph-26



Positive impact on overall quality of life in relation to shoulder tendinitis due to reciprocal inhibition techniques.

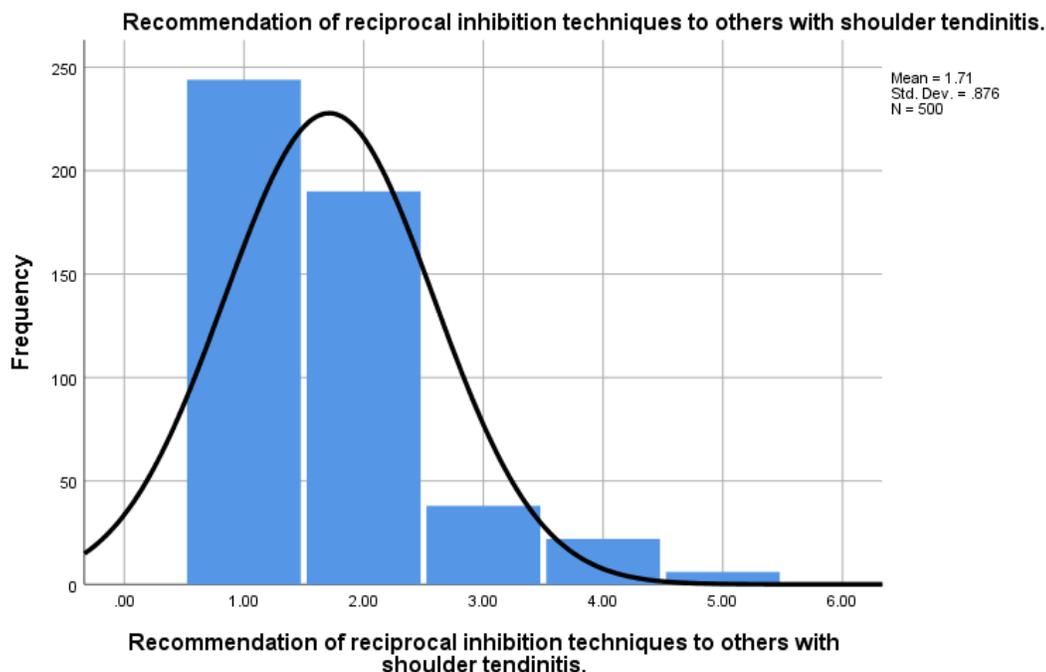


From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. Positive impact on overall quality of life in relation to shoulder tendinitis due to reciprocal inhibition techniques” Of the total number of respondents, 232 (or 46.4% of the total) gave the following responses: Strongly Agree (24), Agree (21), Neutral (38), Disagree (2% of the total), and Strongly Disagree (2% of the total).

Table-27

Recommendation of reciprocal inhibition techniques to others with shoulder tendinitis.					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	244	48.8	48.8	48.8
	Agree	190	38.0	38.0	86.8
	Neutral	38	7.6	7.6	94.4
	Disagree	22	4.4	4.4	98.8
	Strongly Disagree	6	1.2	1.2	100.0
Total		500	100.0	100.0	

Graph-27

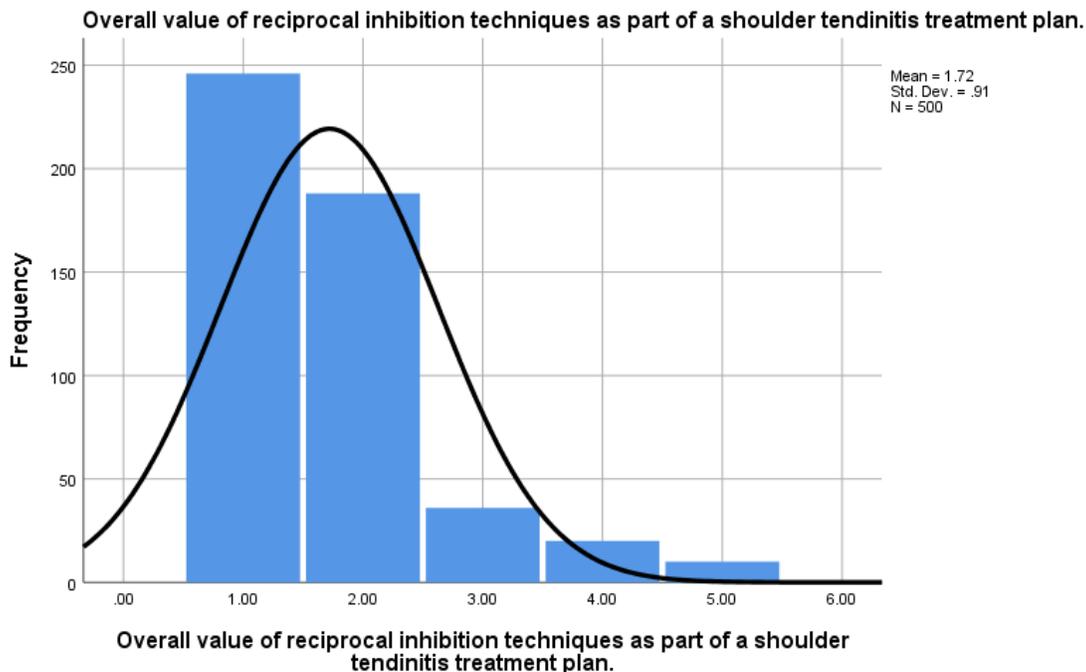


Our research led us to the information presented in the graph and table up top, where it says that 500 people made up the sample. "Recommendation of reciprocal inhibition techniques to others with shoulder tendinitis." A total of 244 respondents (48.8%) gave the Strongly Agree response, 190 (38%) gave the Agree response, 38 (7.5%) gave the Neutral response, 22 (4.4%) gave the Disagree response, and 6 (1.2%) gave the Strongly Disagree response.

Table-28

<b>Overall value of reciprocal inhibition techniques as part of a shoulder tendinitis treatment plan.</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	246	49.2	49.2	49.2
	Agree	188	37.6	37.6	86.8
	Neutral	36	7.2	7.2	94.0
	Disagree	20	4.0	4.0	98.0
	Strongly Disagree	10	2.0	2.0	100.0
Total		500	100.0	100.0	

Graph-28

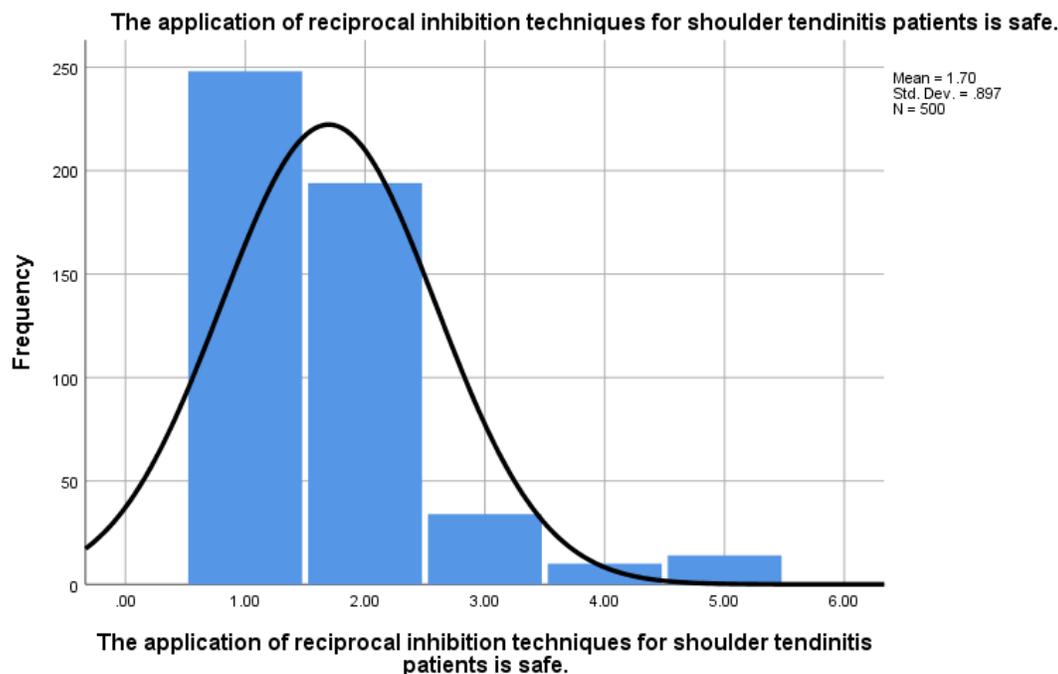


Our research led us to the information presented in the graph and table up top, where it says that 500 people made up the sample. "Overall value of reciprocal inhibition techniques as part of a shoulder tendinitis treatment plan." There were 246 respondents who gave the Strongly Agree response, 188 who gave the Agree response, 36 who gave the Neutral response, 20 who gave the Disagree response, and 10 who gave the Strongly Disagree response. The total number of respondents was 492 (or 49.2%).

Table-29

<b>The application of reciprocal inhibition techniques for shoulder tendinitis patients is safe.</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	248	49.6	49.6	49.6
	Agree	194	38.8	38.8	88.4
	Neutral	34	6.8	6.8	95.2
	Disagree	10	2.0	2.0	97.2
	Strongly Disagree	14	2.8	2.8	100.0
Total		500	100.0	100.0	

Graph-29

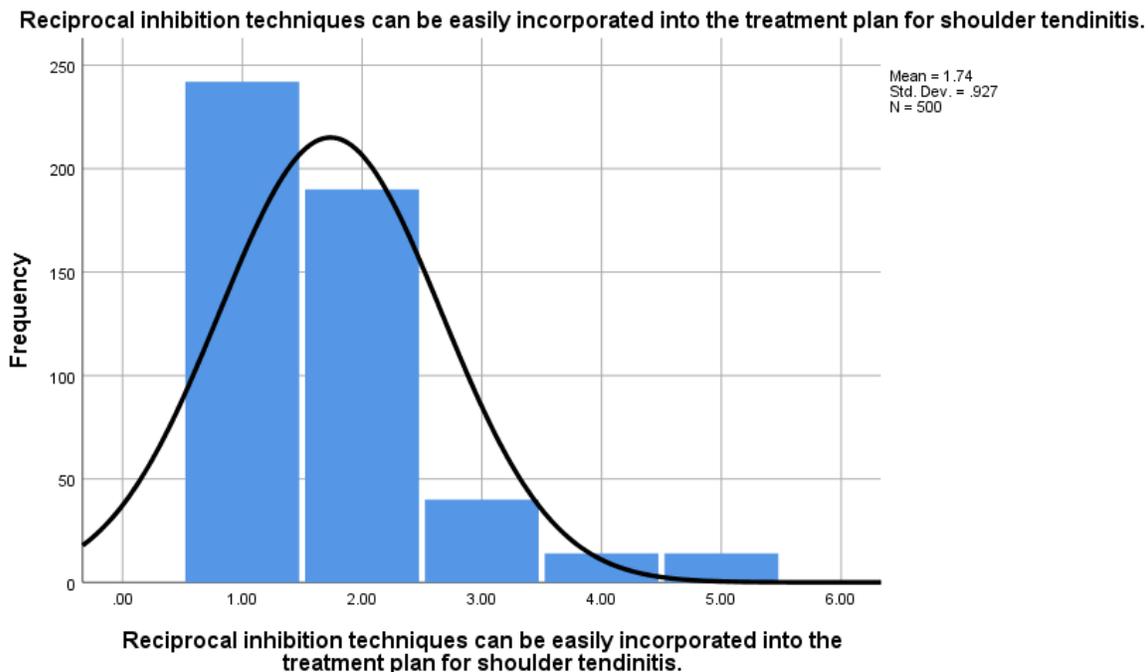


Our research led us to the information presented in the graph and table up top, where it says that 500 people made up the sample. "The application of reciprocal inhibition techniques for shoulder tendinitis patients is safe." There were 248 respondents who gave the Strongly Agree response, 194 who gave the Agree response, 34 who gave the Neutral response, 10 who gave the Disagree response, and 14 who gave the Strongly Disagree response, for a total of 248 respondents (or 49.6%).

Table-30

<b>Reciprocal inhibition techniques can be easily incorporated into the treatment plan for shoulder tendinitis.</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	242	48.4	48.4	48.4
	Agree	190	38.0	38.0	86.4
	Neutral	40	8.0	8.0	94.4
	Disagree	14	2.8	2.8	97.2
	Strongly Disagree	14	2.8	2.8	100.0
Total		500	100.0	100.0	

Graph-30

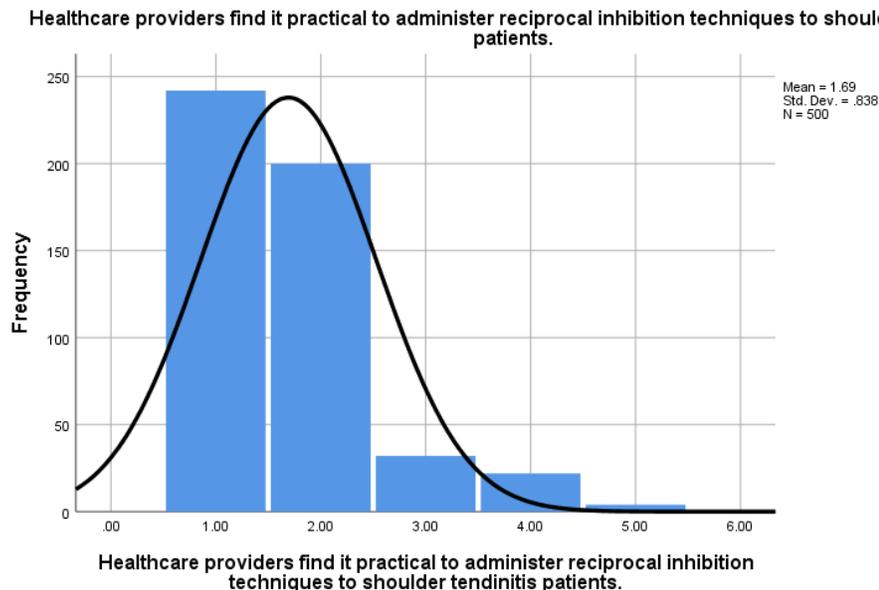


Our research led us to the information presented in the graph and table up top, where it says that 500 people made up the sample. "Reciprocal inhibition techniques can be easily incorporated into the treatment plan for shoulder tendinitis." Among the responses, 242 (or 48.4%) were marked as Strongly Agree, 190 (or 38% of the total) as Agree, 40 (or 8% of the total) as Neutral, and 14 (or 2.8% of the total) as Disagree or Strongly Disagree.

Table-31

<b>Healthcare providers find it practical to administer reciprocal inhibition techniques to shoulder tendinitis patients.</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	242	48.4	48.4	48.4
	Agree	200	40.0	40.0	88.4
	Neutral	32	6.4	6.4	94.8
	Disagree	22	4.4	4.4	99.2
	Strongly Disagree	4	.8	.8	100.0
Total		500	100.0	100.0	

Graph-31

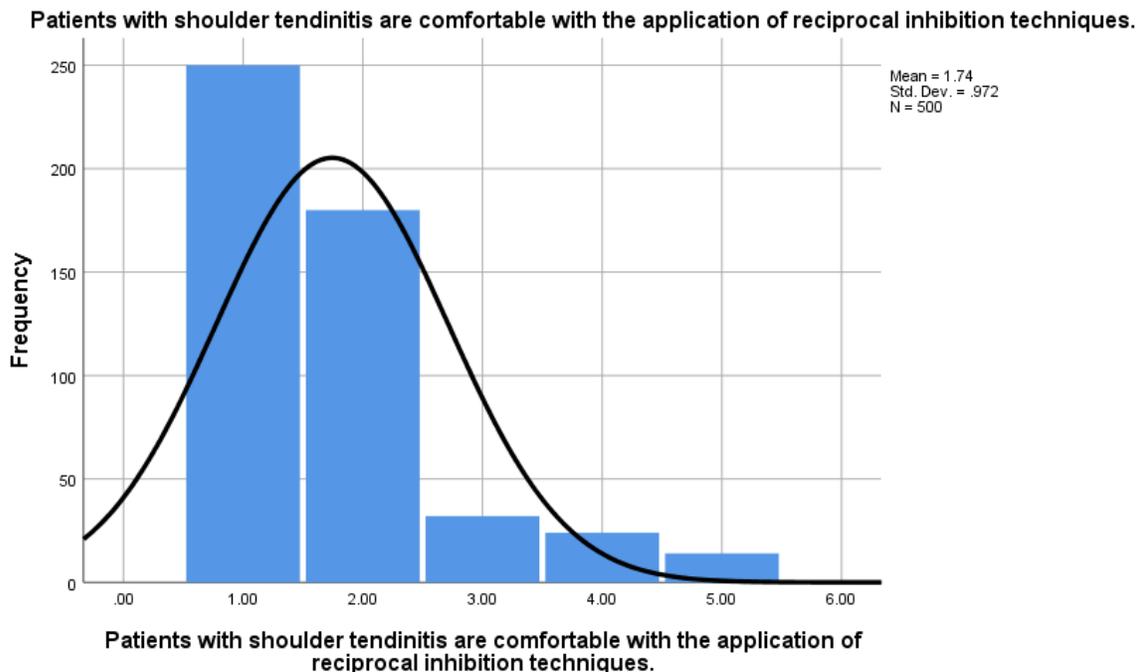


Our research led us to the information presented in the graph and table up top, where it says that 500 people made up the sample. "Healthcare providers find it practical to administer reciprocal inhibition techniques to shoulder tendinitis patients." Of the total number of responses, 242 (or 48.4%) gave the Strongly Agree response, 200 (or 40%) gave the Agree response, 32 (or 6.4% of the total) gave the Neutral response, 22 (or 4.4%) gave the Disagree response, and 4 (or 0.8%) gave the Strongly Disagree response.

Table-32

<b>Patients with shoulder tendinitis are comfortable with the application of reciprocal inhibition techniques.</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	250	50.0	50.0	50.0
	Agree	180	36.0	36.0	86.0
	Neutral	32	6.4	6.4	92.4
	Disagree	24	4.8	4.8	97.2
	Strongly Disagree	14	2.8	2.8	100.0
	Total	500	100.0	100.0	

Graph-32

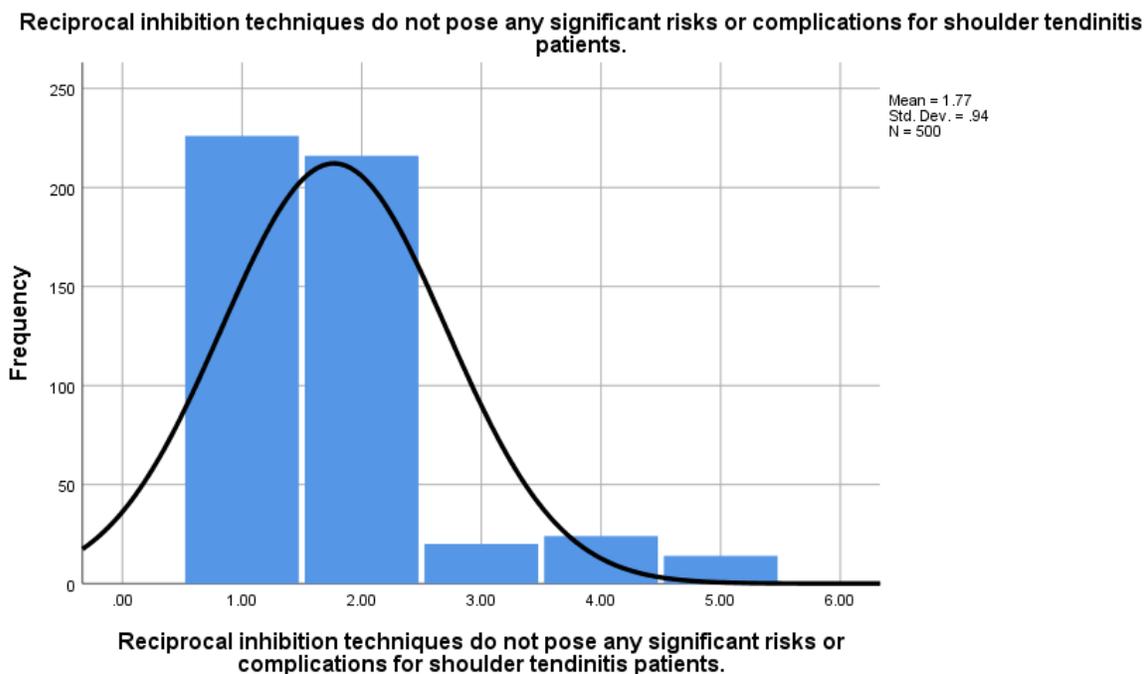


Our research led us to the information presented in the graph and table up top, where it says that 500 people made up the sample. "Patients with shoulder tendinitis are comfortable with the application of reciprocal inhibition techniques." Out of the total number of respondents, 250 (or 50%) gave the Strongly Agree response, 180 (or 36%) gave the Agree response, 32 (or 6.4%) gave the Neutral response, 24 (or 4.8%) gave the Disagree response, and 14 (or 2.8%) gave the Strongly Disagree response.

Table-33

<b>Reciprocal inhibition techniques do not pose any significant risks or complications for shoulder tendinitis patients.</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	226	45.2	45.2	45.2
	Agree	216	43.2	43.2	88.4
	Neutral	20	4.0	4.0	92.4
	Disagree	24	4.8	4.8	97.2
	Strongly Disagree	14	2.8	2.8	100.0
	Total	500	100.0	100.0	

Graph-33

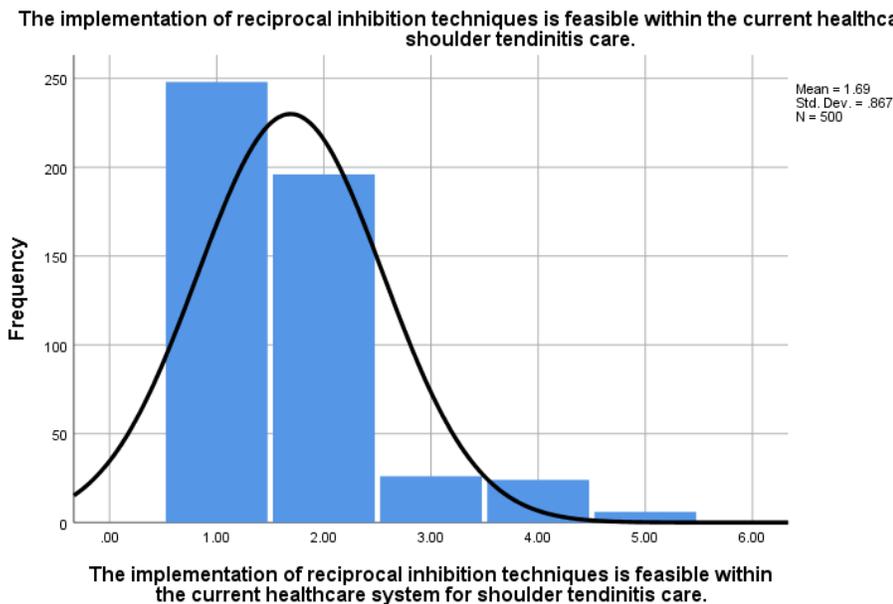


Our research led us to the information presented in the graph and table up top, where it says that 500 people made up the sample. “Reciprocal inhibition techniques do not pose any significant risks or complications for shoulder tendinitis patients. The following percentages of respondents were included: 226(45.2%) who strongly agreed, 216(43.2%) who agreed, 20(4%) who were neutral, 24(4.8%) who disagreed, and 14(2.8%) who strongly disagreed.

Table-34

<b>The implementation of reciprocal inhibition techniques is feasible within the current healthcare system for shoulder tendinitis care.</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	248	49.6	49.6	49.6
	Agree	196	39.2	39.2	88.8
	Neutral	26	5.2	5.2	94.0
	Disagree	24	4.8	4.8	98.8
	Strongly Disagree	6	1.2	1.2	100.0
Total		500	100.0	100.0	

Graph-34



From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. The implementation of reciprocal inhibition techniques is feasible within the current healthcare system for shoulder tendinitis care. 248(49.6%) respondents responded Strongly Agree, 196(39.2%) respondents responded Agree, 26(5.2%) respondents responded Neutral and 24(4.8%) respondents responded Disagree and 6(1.2%) respondents responded Strongly Disagree.

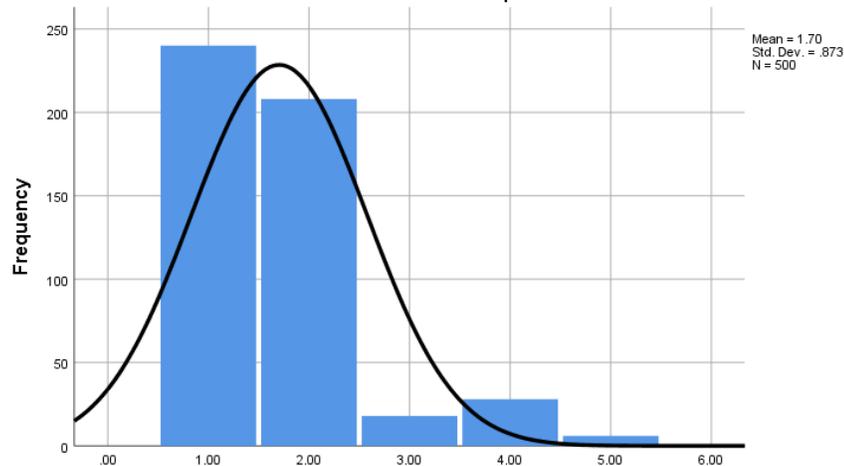
Table-35

Shoulder tendinitis patients report a positive experience with the safety and feasibility of reciprocal inhibition techniques.					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	240	48.0	48.0	48.0
	Agree	208	41.6	41.6	89.6
	Neutral	18	3.6	3.6	93.2
	Disagree	28	5.6	5.6	98.8
	Strongly Disagree	6	1.2	1.2	100.0
Total		500	100.0	100.0	

Graph-35



Shoulder tendinitis patients report a positive experience with the safety and feasibility of reciprocal inhibition techniques.



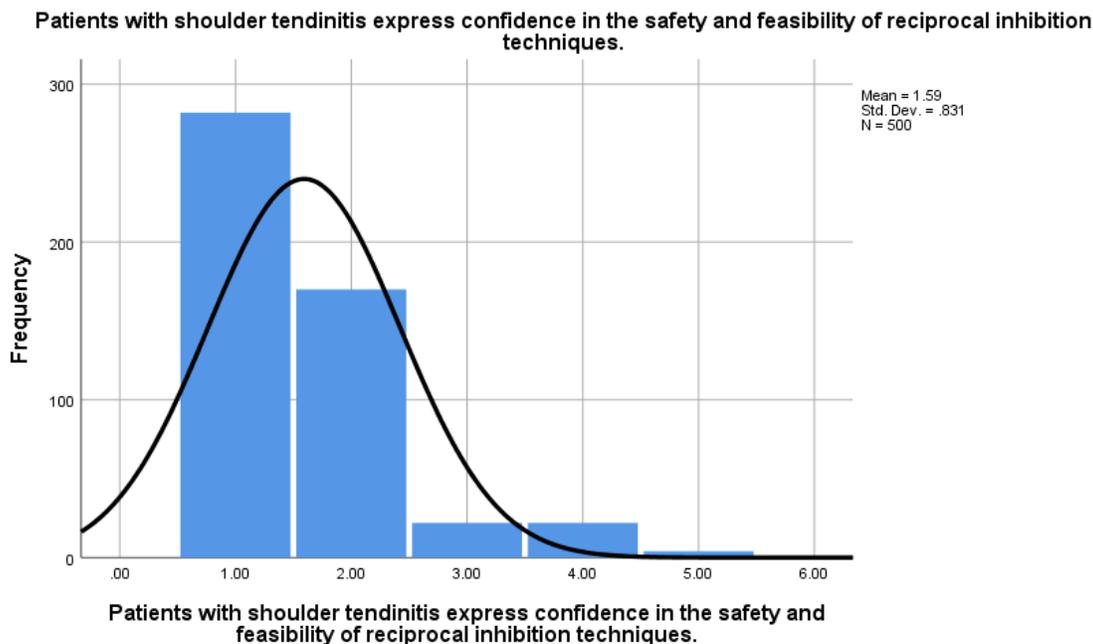
Shoulder tendinitis patients report a positive experience with the safety and feasibility of reciprocal inhibition techniques.

From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. Shoulder tendinitis patients report a positive experience with the safety and feasibility of reciprocal inhibition techniques. 240(48%) respondents responded Strongly Agree, 208(41.6%) respondents responded Agree, 18(3.6%) respondents responded Neutral and 28(5.6%) respondents responded Disagree and 6(1.2%) respondents responded Strongly Disagree.

Table 36

Patients with shoulder tendinitis express confidence in the safety and feasibility of reciprocal inhibition techniques.					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	282	56.4	56.4	56.4
	Agree	170	34.0	34.0	90.4
	Neutral	22	4.4	4.4	94.8
	Disagree	22	4.4	4.4	99.2
	Strongly Disagree	4	.8	.8	100.0
	Total	500	100.0	100.0	

Graph-36



From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. Patients with shoulder tendinitis express confidence in the safety and feasibility of reciprocal inhibition techniques. 282(56.4%) respondents responded Strongly Agree, 170(34%) respondents responded Agree, 22(4.4%) respondents responded Neutral and 22(4.4%) respondents responded Disagree and 4(0.8%) respondents responded Strongly Disagree.

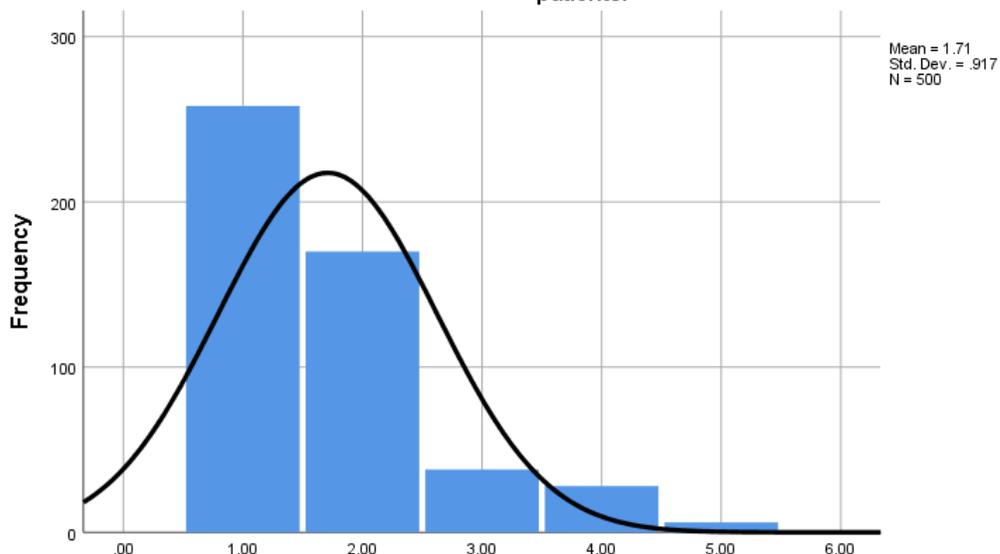
Table-37

<b>The safety and feasibility of applying reciprocal inhibition techniques are promising for shoulder tendinitis patients.</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	258	51.6	51.6	51.6
	Agree	170	34.0	34.0	85.6
	Neutral	38	7.6	7.6	93.2
	Disagree	28	5.6	5.6	98.8
	Strongly Disagree	6	1.2	1.2	100.0
Total		500	100.0	100.0	

Graph-37



The safety and feasibility of applying reciprocal inhibition techniques are promising for shoulder tendinitis patients.



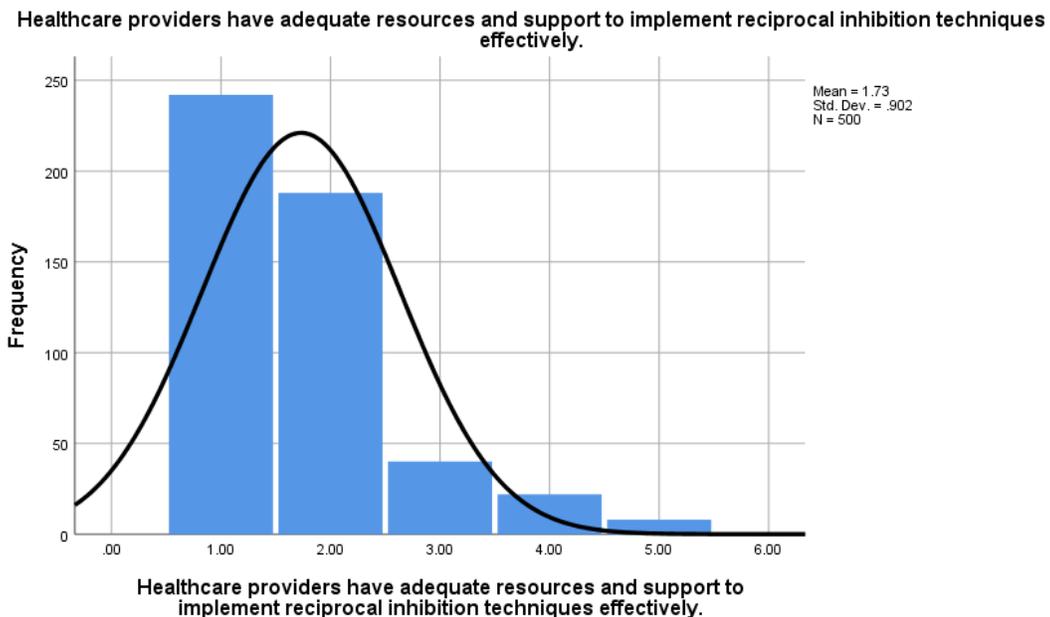
The safety and feasibility of applying reciprocal inhibition techniques are promising for shoulder tendinitis patients.

From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. The safety and feasibility of applying reciprocal inhibition techniques are promising for shoulder tendinitis patients. 258(51.6%) respondents responded Strongly Agree, 170(34%) respondents responded Agree, 38(7.6%) respondents responded Neutral and 28(5.6%) respondents responded Disagree and 6(1.2%) respondents responded Strongly Disagree.

Table-38

Healthcare providers have adequate resources and support to implement reciprocal inhibition techniques effectively.					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	242	48.4	48.4	48.4
	Agree	188	37.6	37.6	86.0
	Neutral	40	8.0	8.0	94.0
	Disagree	22	4.4	4.4	98.4
	Strongly Disagree	8	1.6	1.6	100.0
Total		500	100.0	100.0	

Graph-38

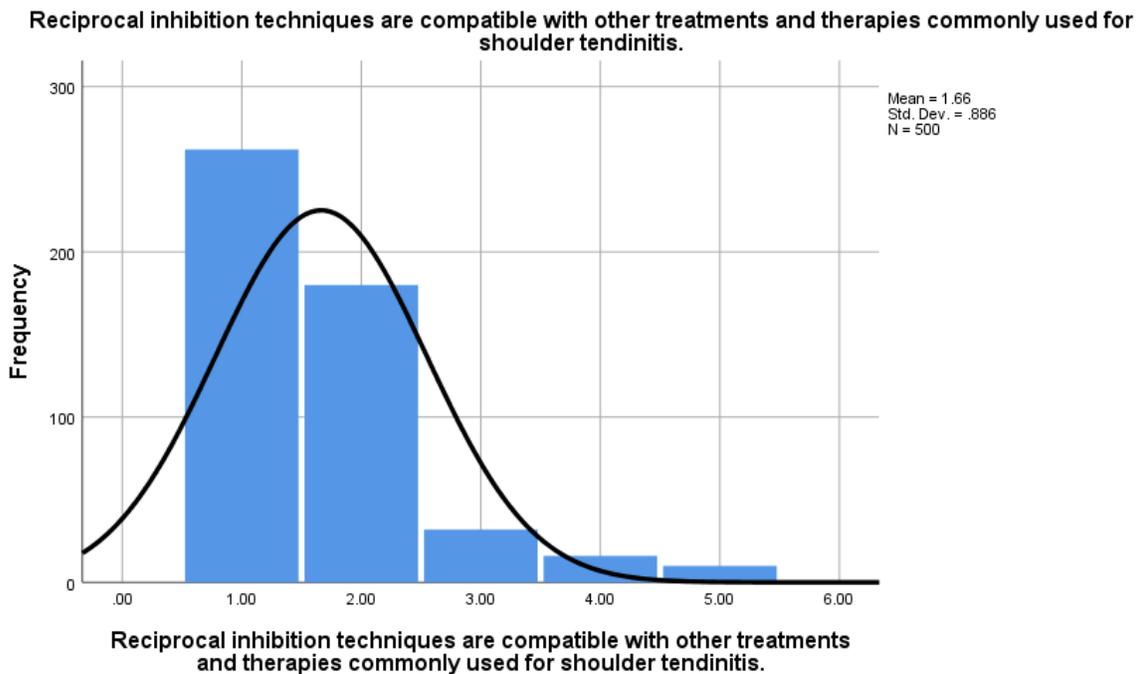


From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents."Healthcare providers have adequate resources and support to implement reciprocal inhibition techniques effectively." Out of the total number of responses, 242 (or 48.4%) gave the Strongly Agree response, 188 (37.3%) gave the Agree response, 40 (8%) gave the Neutral response, 22 (4.4%) gave the Disagree response, and 8 (1.6%) gave the Strongly Disagree response.

Table-39

<b>Reciprocal inhibition techniques are compatible with other treatments and therapies commonly used for shoulder tendinitis.</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	262	52.4	52.4	52.4
	Agree	180	36.0	36.0	88.4
	Neutral	32	6.4	6.4	94.8
	Disagree	16	3.2	3.2	98.0
	Strongly Disagree	10	2.0	2.0	100.0
	Total	500	100.0	100.0	

Graph-39



From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents.”Reciprocal inhibition techniques are compatible with other treatments and therapies commonly used for shoulder tendinitis.” Of the total number of respondents, 262 (or 52.4% of the total) gave the following responses: Strongly Agree (36 percent), Agree (36 percent), Neutral (6.4 percent), Disagree (3.2 percent), and Strongly Disagree (10 percent).

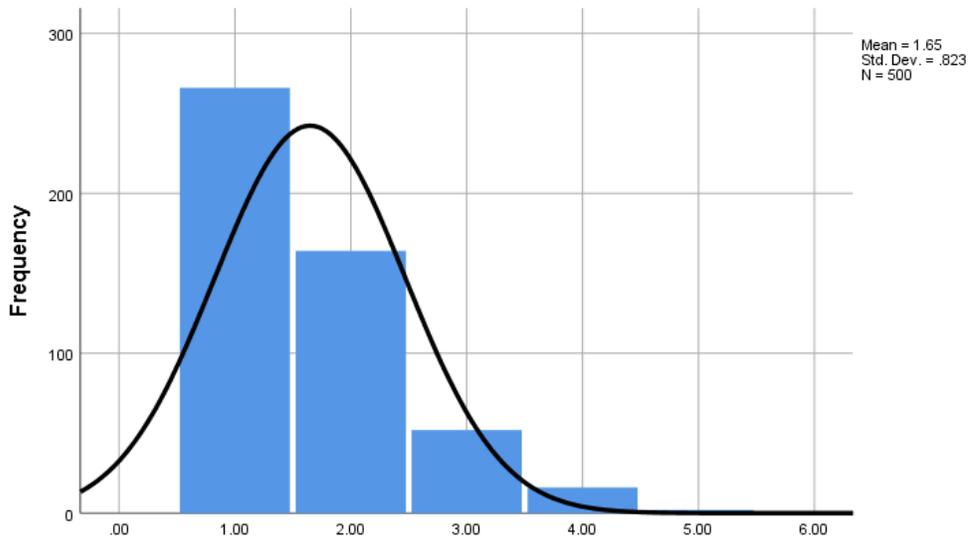
Table-40

<b>The integration of reciprocal inhibition techniques into shoulder tendinitis care has a positive impact on patient outcomes.</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	266	53.2	53.2	53.2
	Agree	164	32.8	32.8	86.0
	Neutral	52	10.4	10.4	96.4
	Disagree	16	3.2	3.2	99.6
	Strongly Disagree	2	.4	.4	100.0
	Total	500	100.0	100.0	

Graph-40



The integration of reciprocal inhibition techniques into shoulder tendinitis care has a positive impact on patient outcomes.



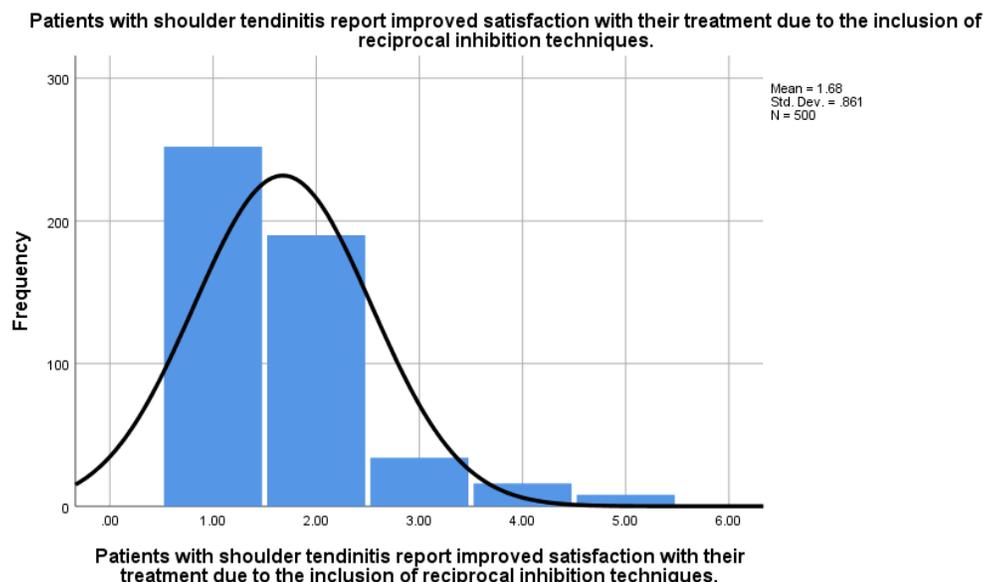
The integration of reciprocal inhibition techniques into shoulder tendinitis care has a positive impact on patient outcomes.

From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents."The integration of reciprocal inhibition techniques into shoulder tendinitis care has a positive impact on patient outcomes." Among the responses, 266 (or 53.2% of the total) were marked as Strongly Agree, 164 (or 32.8% of the total) as Agree, 52 (or 10.4%) as Neutral, 16 (or 3.2% of the total) as Disagree, and 2 (or 0.4%) as Strongly Disagree.

Table-41

Patients with shoulder tendinitis report improved satisfaction with their treatment due to the inclusion of reciprocal inhibition techniques.					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	252	50.4	50.4	50.4
	Agree	190	38.0	38.0	88.4
	Neutral	34	6.8	6.8	95.2
	Disagree	16	3.2	3.2	98.4
	Strongly Disagree	8	1.6	1.6	100.0
	Total	500	100.0	100.0	

Graph-41

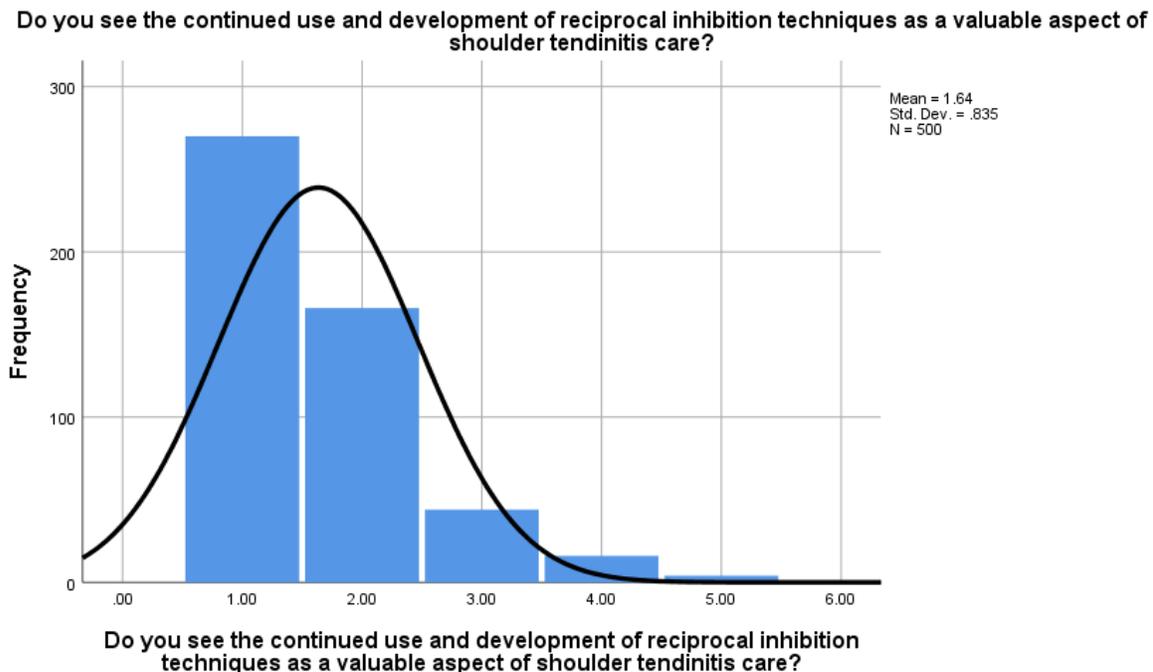


From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. "Patients with shoulder tendinitis report improved satisfaction with their treatment due to the inclusion of reciprocal inhibition techniques." 252 people (or 50.4% of the total) gave the following responses: Strongly Agree (190 people), Agree (38 people), Neutral (34 people or 6.8% of the total), Disagree (3.2 people or 3.2% of the total), and Strongly Disagree (1.6 people or 1.6%).

Table-42

<b>Do you see the continued use and development of reciprocal inhibition techniques as a valuable aspect of shoulder tendinitis care?</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	270	54.0	54.0	54.0
	Agree	166	33.2	33.2	87.2
	Neutral	44	8.8	8.8	96.0
	Disagree	16	3.2	3.2	99.2
	Strongly Disagree	4	.8	.8	100.0
Total		500	100.0	100.0	

Graph-42



From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. "Do you see the continued use and development of reciprocal inhibition techniques as a valuable aspect of shoulder tendinitis care?" Of the total number of respondents, 270 (or 54% of the total) gave the following responses: Strongly Agree (166 or 33.2% of the total), Agree (44 or 8.8% of the total), Neutral (3.2%), Disagree (16 or 3.2% of the total), and Strongly Disagree (4 or 7.8% of the total).

## RESULTS

- “From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. With Respect to Age: 196(39.2%) respondents responded Under 18, 190(38%) respondents responded 18-24, 34(6.8%) respondents responded 25-34 and 26(5.2%) respondents responded 35-44 and 32(6.4%) respondents responded 45-54 and 14(2.8%) respondents responded 55-64 and 8(1.6%) respondents responded 65 or older.
- From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. Gender 446(89.2%) respondents responded as Male, whereas 54(10.8%) respondents responded as Female
- From this data, we can observe that the majority of respondents, 51.6%, reside in urban areas, followed by 44.4% in suburban areas, and a smaller 4.0% in rural areas. This distribution provides insights into the geographic distribution of the survey or study participants, which can be valuable for various research and analytical purposes.
- From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. Occupation 104(20.8%) respondents responded Student, 254(50.8%) respondents responded Employed full-time, 48(9.6%) respondents responded Employed part-time and 32(6.4%) respondents responded Self-employed and 26(5.2%) respondents responded Unemployed and 22(4.4%) respondents responded Retired and 14(2.8%) respondents responded Other (please specify).
- From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. Occupation 104(20.8%) respondents responded Student, 254(50.8%) respondents responded Employed full-time, 48(9.6%) respondents responded Employed part-time and 32(6.4%) respondents



responded Self-employed and 26(5.2%) respondents responded Unemployed and 22(4.4%) respondents responded Retired and 14(2.8%) respondents responded Other (please specify).

- From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. Do you have any pre-existing medical conditions that may affect your shoulder tendinitis or its treatment? 416(83.2%) respondents responded as Yes, whereas 84(16.8%) respondents responded as No
- From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. Have you had any previous shoulder injuries or surgeries? 480(96%) respondents responded as Yes, whereas 20(4%) respondents responded as No
- From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. Are you currently taking any medications for your health conditions, including shoulder tendinitis? 482(96.4%) respondents responded as Yes, whereas 18(3.6%) respondents responded as No
- From the data, we can see that the most preferred method of communication is through Email, with 57.2% of respondents choosing this option. Following that, 12.0% prefer Phone calls, 8.4% opt for In-person consultations, and 14.0% prefer accessing information through Online articles/websites. A smaller percentage, 4.8%, choose Social media as their preferred channel, and 3.6% have specified other methods not listed in the predefined options.
- From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. How would you describe your overall level of physical activity? 314(62.8%) respondents responded Sedentary (little to no physical activity), 60(12%) respondents responded Lightly active (minimal physical activity) and 108(21.6%) respondents responded Moderately active (regular physical activity) whereas 18(3.6%) respondents responded Very active (frequent vigorous physical activity).
- From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. Do you currently experience limited range of shoulder abduction due to tendinitis? 464(92.8%) respondents responded as Yes, whereas 36(7.2%) respondents responded as No
- From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. Have you measured your shoulder abduction range with a healthcare professional? 494(98.8%) respondents responded as Yes, whereas 6(1.2%) respondents responded as No
- From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. Have you experienced pain or discomfort during attempts to lift your affected arm? 466(93.2%) respondents responded as Yes, whereas 34(6.8%) respondents responded as No
- From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. Do you feel that your tendinitis has restricted your ability to perform daily activities involving shoulder abduction? 494(98.8%) respondents responded as Yes, whereas 6(1.2%) respondents responded as No
- From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. Have you sought any previous treatment for your shoulder tendinitis? 468(93.6%) respondents responded as Yes, whereas 32(6.4%) respondents responded as No
- From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. Are you aware of any specific factors or activities that exacerbate your shoulder tendinitis symptoms during abduction? 490(98%) respondents responded as Yes, whereas 10(2%) respondents responded as No
- From the analysis we have found the details mentioned in the above graph and table and it states that the sample data is concerned about 500 respondents. Have you noticed any improvement or worsening of your shoulder tendinitis symptoms over time? 484(96.8%) respondents responded as Yes, whereas 16(3.2%) respondents responded as No

#### REFERENCES

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