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THERMAL MANagements AND REHABILITATION IN MOBILITY MEDICINE REHABILITATION

SHOULDER TENDINOPATHY INDUCED BY STATINS: A CASE REPORT AND SYSTEMATIC REVIEW, PHYSICAL AND REHABILITATION MEDICINE

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Statins remain a cornerstone in lipid-lowering therapy but are increasingly recognized for their potential musculoskeletal side effects, including shoulder tendinopathy. (1,2) Among these, Rotator Cuff Disease (RCD) represents a frequent manifestation (3). This study combines a systematic review analyzing the link between statin use and shoulder tendinopathy with a clinical case illustrating statin-induced RCD. A systematic review was carried out according to PRISMA 2020 guidelines, using PubMed, Web of Science, and SCOPUS databases. Alongside the review, we describe the case of a 49-year-old male who developed RCD following statin therapy escalation. The patient received a tailored individual rehabilitation project (IRP) including corticosteroid and hyaluronic acid injections, mesotherapy, and specific therapeutic exercises. From 217 initial studies, three cohort

investigations satisfied the inclusion criteria. Evidence regarding the association between statin use and shoulder tendinopathy was inconsistent across studies. In the reported case, clinical symptoms improved substantially after reducing the statin dosage and implementing a multimodal, patient-centered IRP. Statins may negatively influence tendon homeostasis by altering extracellular matrix structure and cell membrane stability. While the causal relationship between statin therapy and tendinopathy remains uncertain, clinicians should actively monitor for musculoskeletal symptoms and consider treatment modifications when necessary. This case emphasizes the effectiveness of a personalized multimodal approach in managing statin-related RCD and underscores the need for further research to clarify this association and optimize patient care.

Keywords: *intra-articular injection, mesotherapy, rehabilitation, rotator cuff injury, statins.*