

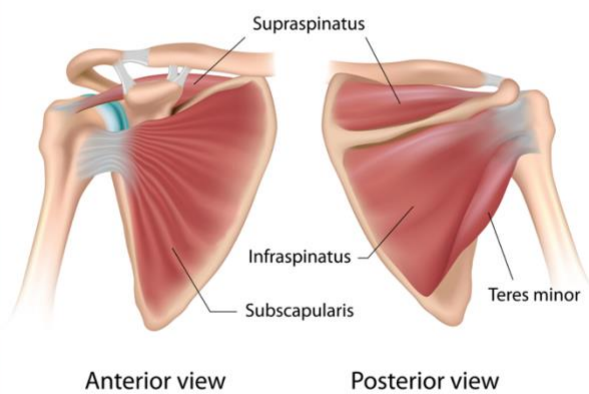
THE CHALLENGES REGARDING ROTATOR CUFF MANAGEMENT AND TREATMENT

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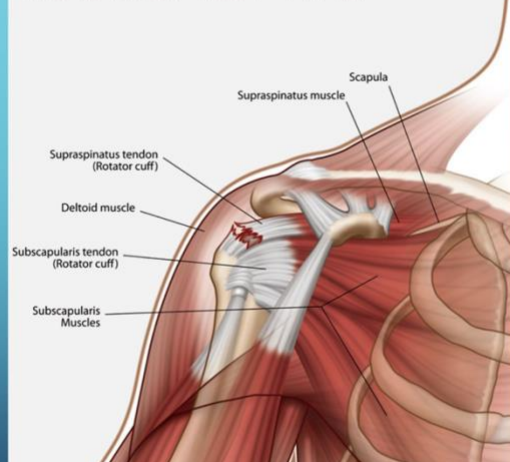
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BSC MSC MCSP

Rotator Cuff Muscles



ROTATOR CUFF TEAR



ROTATOR CUFF RELATED PAIN

Diagnostic labels unhelpful – 54% above the age of 60 will have tears and be asymptomatic

Soft tissue damage does not correlate with symptoms – do not just rely on imaging – not all tears are painful! (Jeremy Lewis, 2022)

Manage patient's expectations – what do they want from their care?

Biopsychosocial, environmental and lifestyle factors should be discussed

SUMMARY

"Based on our discussion and following the physical examination it is likely that you have rotator cuff related shoulder pain"

Recommend non-pathoanatomical labels

Clinician can then discuss the role and function of the rotator cuff muscles, tendons, and related structures

Management options, potential harms, benefits, expected time frames for rehab should be guided by shared decision making

Physiological overload, lifestyle factors, high BMI may be associated with the pathogenesis and symptoms of RCRP

Diabetes, smoking, stress, poor sleep and persistent inflammation may adversely affect the repair process/prolong inflammation and pain in RCPSP

Acknowledgement: Lo, C. N., van Griensven, H. & Lewis, J. (2022)