CPD EVENT RECORD

ROTATOR CUFF DISORDERS

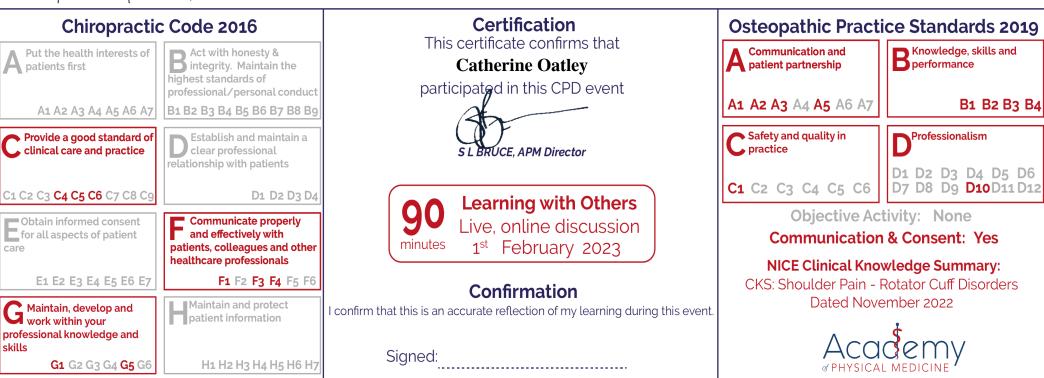
with Jee Lynch, Specialist MSK Physiotherapist



This discussion explored the changing terminology of rotator cuff related pain, diagnostic principles, examination and rehabilitation. The role of imaging was covered and the possibility that medical reporting and clinic graphics could cause alarm, especially when such things as "full thickness tears" were described. In this regard, importance of good communication with patients emphasised. The purpose and limitations of corticosteroid injections were explained and a variety of demonstrations were provided of the techniques used.

The contribution of other professions, especially physiotherapy and orthopaedics, was outlined, but the limitations of NHS care, particularly in the current environment were also recognised.

In response to questions, the discussion also looked at frozen shoulder issues and bursitis.



Evaluation, Reflection and Impact on Practice (this part of the certificate is **not** automatically generated - it has been entered by the participant)

This was a great reminder of the roles played by different professionals and by different modalities in dealing with shoulder pain. I also feel better able to advise patients in the light of the discussion, particularly about rehabilitation protocols, which can be lengthy. The techniques and principles described will help me manage my own patients recovery better.