



Rotator Cuff Disease
Can we make a difference?

Reading Shoulder Course

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Session Outline

- **Non-Surgical Rehabilitation**
- **Indications for Surgery**
- **Post-Surgical Rehabilitation**

Non-Surgical Rehabilitation



- Why bother?
- Incidence
 - (Milgrom 1995)
 - 90 asymptomatic adults (30-99)
 - Marked increase over 50
 - 50% in seventh decade
 - 80% over 80
 - (Worland 2003)
 - 59 asymptomatic adults
 - 40% over 50s had full thickness tears

Evidence

- Every full thickness cuff tear, except for the acute traumatic tear in younger patients, should always benefit first from a conservative rehabilitation program (Handelburg 2001)
- No significant difference between decompression and graded physiotherapy for patients with subacromial impingement syndrome or rotator cuff pathology (Haahr 2005)
- Non operative treatment of rotator cuff tears (Hawkins 1995)
 - 33 patients with full thickness tears
 - 14 dissatisfied at 3.5 year follow up
 - 12 opted for surgery
 - 2 dissatisfied with result of surgery
- Size of tear (Barolozzi 1994, Cofield 2001)
- Patient selection (Mantone 2000)

What do we do about it?

- Where do you go for inspiration?

- CSP guidelines - subacromial impingement syndrome

- www.csp.org.uk/uploads/documents/csp_shoulder_guidelines.pdf

- University of Queensland Draft guidelines for acute shoulder pain

- www.uq.edu.au/health/pdf/shoulder.pdf

Principles of Treatment

- Patient education and goal setting (Morrison, 2000)
- Individualised treatment (Dalton 1994)
- Managing pain
- Restoration of function
 - Range
 - Power
 - Proprioception

Patient Education

- What's the problem
- What physiotherapy has to offer
- Goal setting
- Reassurance
- Realistic expectations

Managing Pain

- Rest (relative - off loading, taping)
- NSAIDs (benefits outweigh harm)
- Injections
- Cold
- Modification of Activity
- Electrotherapy
- Acupuncture

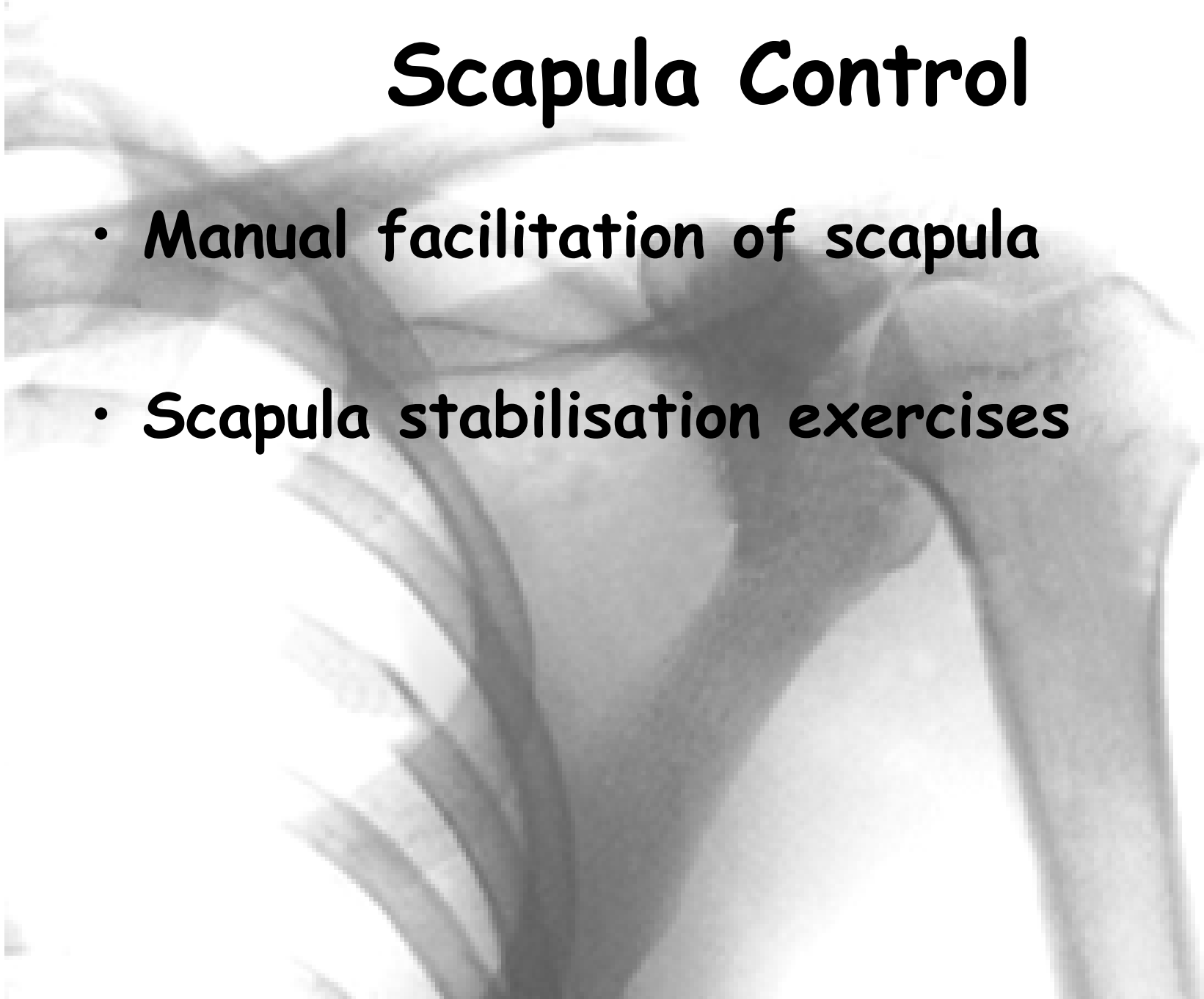
Restoration of Function



- Improved scapula position and control
- Range
- Power
- Proprioception
- Return to normal function

Scapula Control

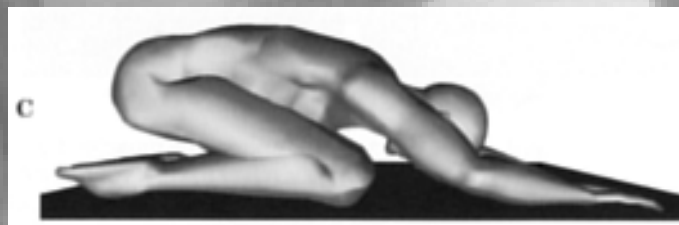
- Manual facilitation of scapula
- Scapula stabilisation exercises



Exercises

- **Range**
 - **Off loading cuff**
 - **Theratube exercises**
 - **Wall slides**
 - **Mobilisation in elevation**
 - **Stretches**

Stretches - Elevation



Exercises

- **Power**
 - Theraband exercises
 - Self resisted
 - Low load - high repetitions

Proprioception



- **Weight bearing activities**
- **Swiss ball**
- **Biofeedback training**
- **Visual and verbal feedback**
- **Spotting**
- **Reflex reaction and speed**

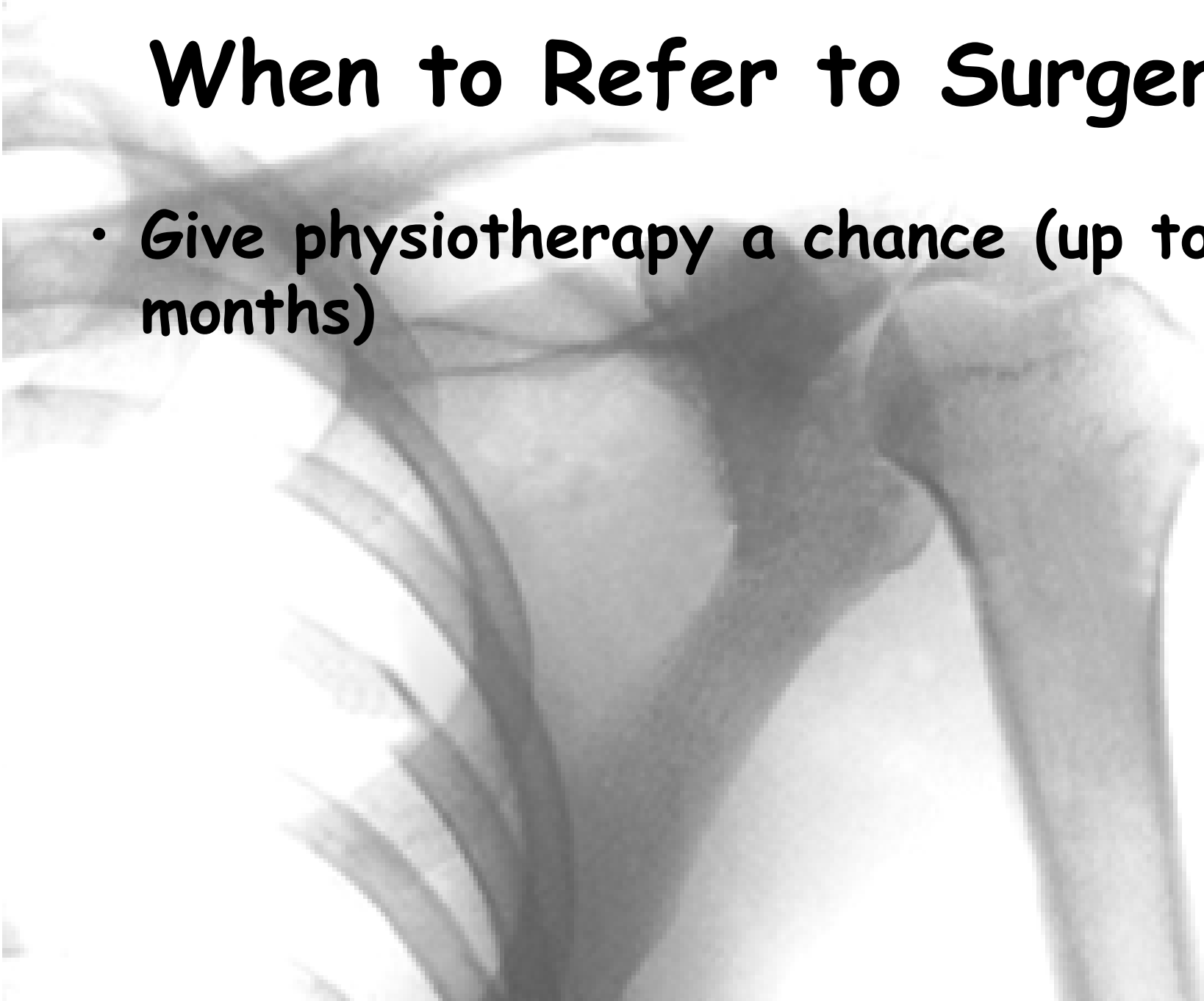
Manual Therapy



- Upper quadrant passive movements augments exercise (CSP guidelines)
- **MWMs**
- **Maitland mobilizations**

When to Refer to Surgery

- Give physiotherapy a chance (up to 6 months)



Torbay Programme

- **Developed in 2001**
- **Evaluation with pilot study 2002-3**
- **Robust RCT started 2005**

Further Information

- **Musculoskeletal Care Sept 2006**
- **Web site: www.bobbyainsworth.com**

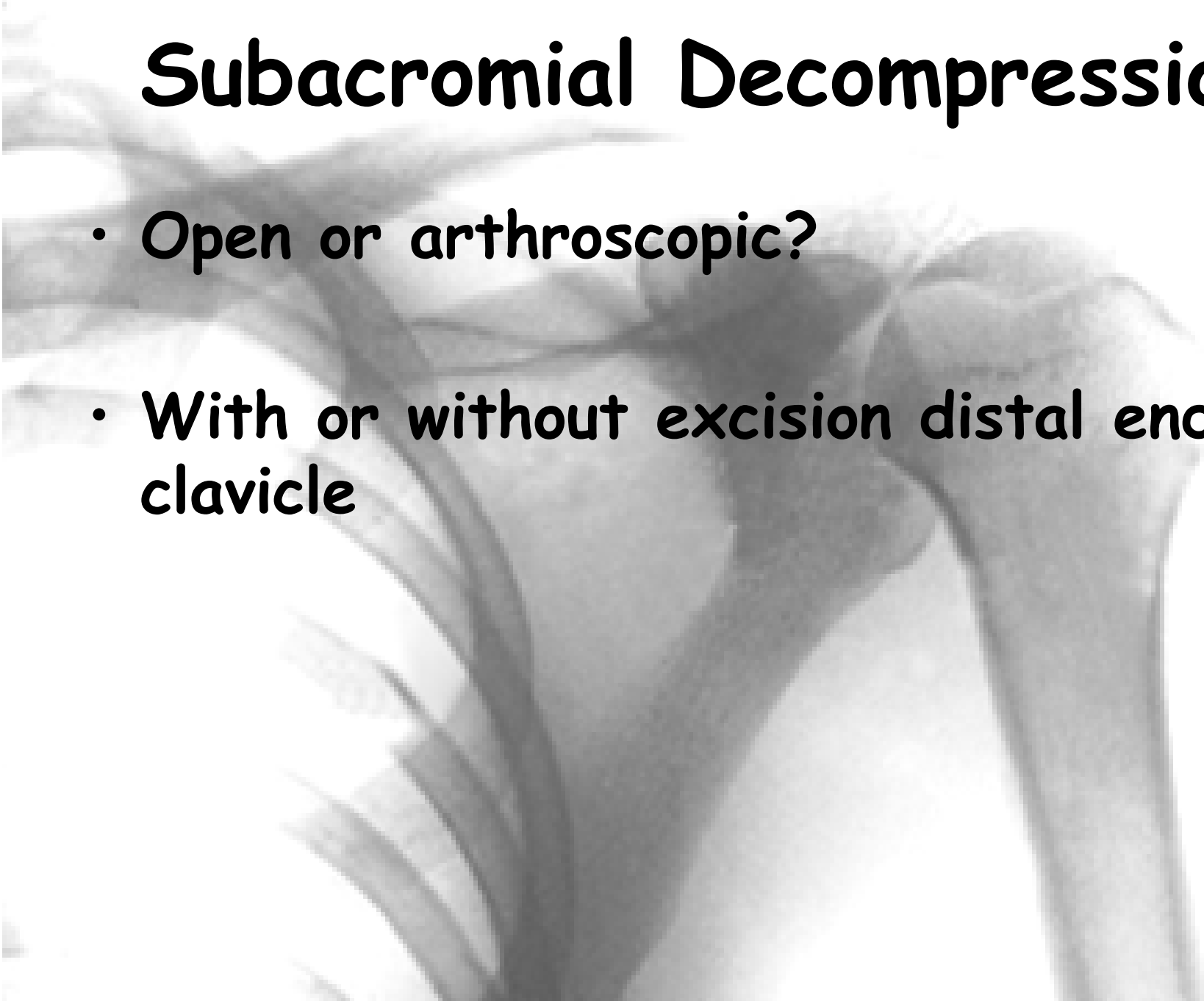
Post-Surgical Rehabilitation



- What do they do?
 - Surgical Options
 - Decompression
 - Rotator Cuff Repair

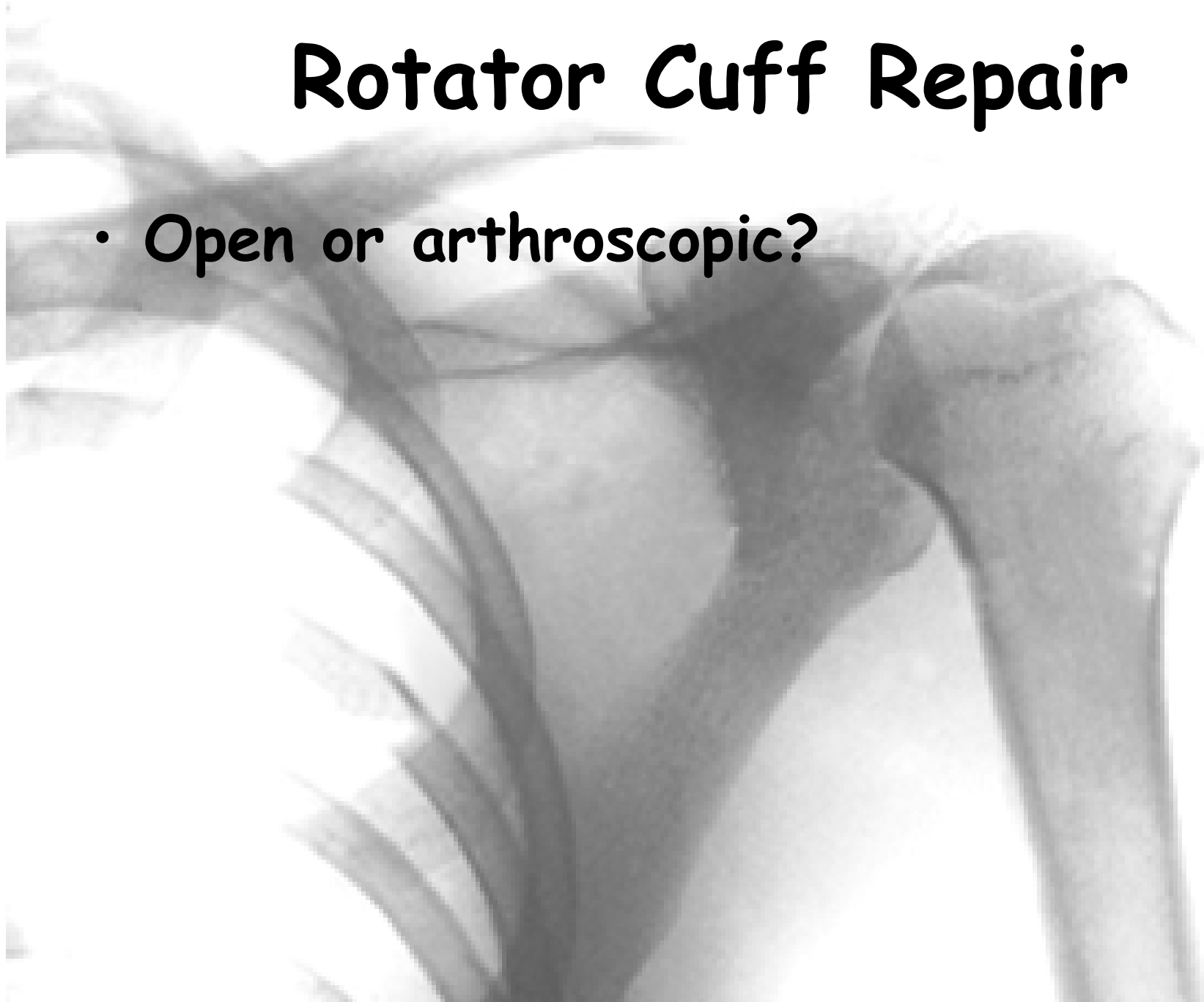
Subacromial Decompression

- Open or arthroscopic?
- With or without excision distal end of clavicle



Rotator Cuff Repair

- Open or arthroscopic?



What do we do?

- Follow the protocol!
- If in doubt:

<http://www.theupperlimb.com/gost.home.html>