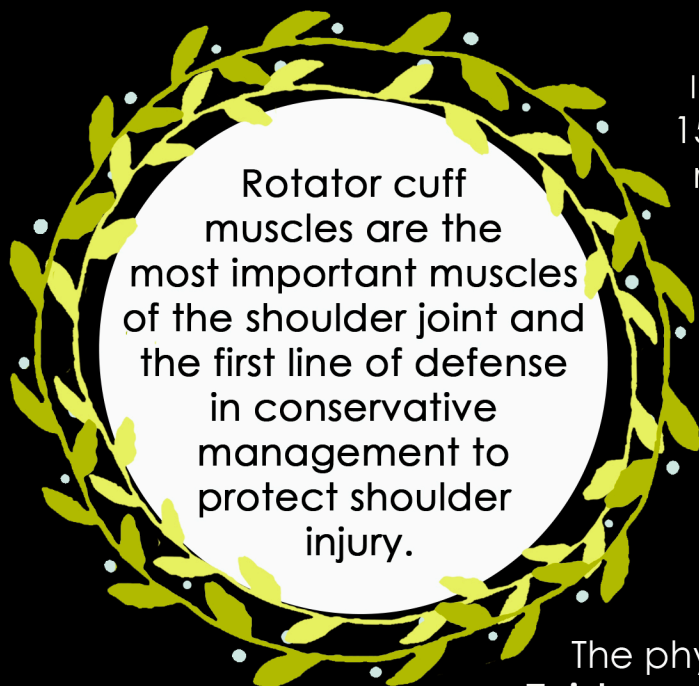


ROTATOR CUFF REHABILITATION



DID YOU KNOW?

In 2013/14, 4.5 million Canadians, representing 15% of the population, reported an injury due to repetitive strain. The shoulder was the number one affected joint, accounting for 22.6% of repetitive strain injuries in Canada.

THE USUAL CULPRIT?

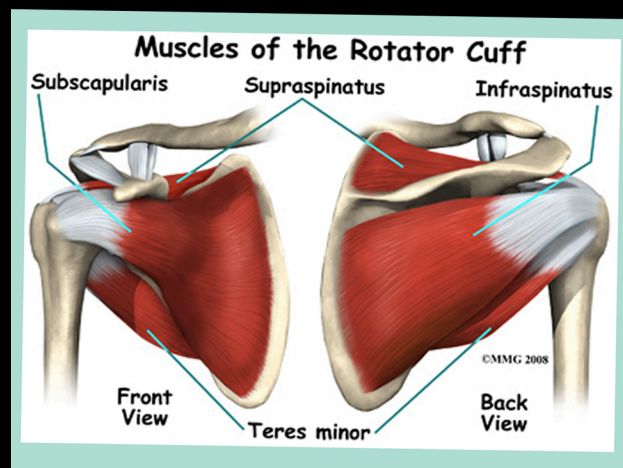
Rotator cuff disorders are the most common cause of disability related to the shoulder.

PHYSIOTHERAPY CAN HELP!

The physiotherapists at Willow Health Centre provide **Evidence-Based** care, using a combination of manual therapy and exercise prescription to restore proper glenohumeral joint stability, mobility and function.

HOW DOES PHYSIOTHERAPY WORK?

- Physiotherapists use hands-on joint and soft-tissue mobilizations to improve pain-free range of motion.
- Physiotherapists prescribe therapeutic exercises to strengthen joint stabilizers and improve function.
- Physiotherapists can provide therapeutic modalities such as acupuncture for pain and edema management.
- Physiotherapists can diagnose musculoskeletal dysfunction and provide patients with condition-specific education to empower patients on their healing journey.



The physiotherapists at Willow Health Centre empower patients through education and early active return to function.

ROTATOR CUFF REHABILITATION



BEST PRACTICE EVIDENCE

- Physical therapy is as effective as surgery for non-traumatic rotator cuff tears, in reducing pain and improving function. ¹
- In a 2-year follow-up study, Kuhn et al. (2013) found that physical therapy was an effective treatment method for approximately 75% of atraumatic full-thickness rotator cuff tears. ²
- Manual therapy is an effective treatment method in the reduction of pain for patients with rotator cuff tendinopathy. ³
- Manual physical therapy is as effective as corticosteroid injections for patients with shoulder impingement syndrome, in reducing shoulder pain and pain intensity and improving quality of life. ⁴
- Strong evidence supports the effectiveness of exercise for patients with subacromial impingement in the reduction of pain and the improvement of function. ⁵

Consider referring to Willow Health Centre when patients present with rotator cuff pathology! We are dedicated in providing **Evidence-Based** care, using the best of the best rehabilitation techniques to ensure patients meet their goals for a pain free and active lifestyle.

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