

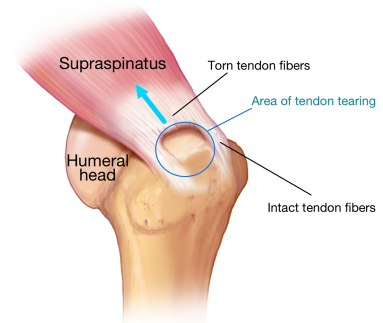
## Patient Information Sheet

### Rotator Cuff Tear – Non Operative

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#### What's the problem?

Your shoulder is a ball and socket joint. In order to move effectively, a number of muscles called the rotator cuff attach to the “ball” of the shoulder and help it to raise your arm, as well as rotate it. These muscles can be torn, either through general wear and tear, or traumatically such as after a car accident. Once this happens, it may be painful to move your shoulder (particularly overhead) or you may have weakness of your arms.



#### How can you treat it?

Not all rotator cuff tears require surgery. In fact, the older a patient gets, the higher the chance they will have some kind of tear or break down in their rotator cuff – it is part of the aging process. This doesn't mean that they will have shoulder pain or weakness though, as there are many different ways a tendon of the rotator cuff may tear. Non surgical treatment is preferred in many types of tears, for example partial thickness tears.

Some of the methods of non-operative treatment include:

- Pain relief (paracetamol, non steroidal anti-inflammatories)
- Activity modification – avoid the things that cause pain or discomfort
- Physiotherapy – see below
- Injections – usually these can be arranged into the subacromial bursa under ultrasound guidance, if impingement is thought to contribute to pain

#### Physiotherapy:

A physiotherapist will examine your shoulder and help you develop strategies and exercises to rehabilitate your shoulder and rotator cuff. Generally, this will involve a graduated program focusing on:

- Pain relief
- Shoulder mobility and range of motion
- Peri-scapular muscle strengthening
- Rotator cuff specific strengthening
- Neuromuscular control and shoulder proprioception
- Sports and function specific rehabilitation, plus return to sports

#### Concerns or Questions?

If you have any concerns, or you would like further information, please contact Mr Lau through the VBJS on 03 5752 5020 or via email at [admin@vbjs.com.au](mailto:admin@vbjs.com.au)

*These notes have been prepared by Mr Simon Lau. They are general overviews and information aimed for use by his patients. They reflect Mr Lau's views, opinions and recommendations. They do not constitute medical advice. The contents are provided for information and education purposes only. Please seek Mr Lau's specific advice with any questions regarding medical conditions and treatment.*