



Rotator Cuff Tears

What is a Rotator Cuff injury?

The Rotator Cuff is made up of 4 muscles that move the shoulder. The Rotator Cuff may be injured after prolonged overhead activities, trauma or arthritis. The Rotator Cuff can develop tendonitis (inflammation) and tendinosis (chronic scar tissue). Also, the Rotator Cuff can be partially torn (like a frayed rope) or completely torn (Full-thickness tear).



Acute Treatment:

- NSAIDs (Ibuprofen, Advil, Motrin or Aleve)
- Physiotherapy
- Sling – sometimes used for a brief period

Chronic Treatment:

- Physical Therapy - often requires *2-3 months of good rehab before patients notice significant improvement* in pain and function
- Cortisone injections - occasionally can help for pain control
- Orthobiologic injections – Prolotherapy or Platelet Rich Plasma (PRP) injections – considered experimental for partial rotator cuff tears
- Surgery – Surgery may be recommended for complete tears and for partial tears unresponsive to conservative treatment. Rotator Cuff tears are unpredictable! Surgery may not be helpful for older patients. Recovery is typically around 6 months.