

Clinical Examination in Rotator Cuff Disease

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Goals of this Didactic

1. How to distinguish RC pain from other entities
2. Partial from FT RCT: Clinical differences
3. Impingement vs RC T
4. Why do they hurt?
5. What do they value
6. Strength vs Pain considerations

Clinical Presentation #1

48 year -old RHD Male with a CC of acute onset of shoulder pain following 3 tennis matches with his younger brother occurring 3 weeks earlier. Denies prior history of shoulder problems and is unable to continue playing due to anterolateral shoulder pain.

Diagnosis: Rotator Cuff “Tendonitis”

Clinical Presentation #2

68 year old active mail with the acute onset of shoulder pain and weakness following a fall onto his right shoulder occurring 1 week earlier. Denies prior history of shoulder problems and has significant night pain.

Diagnosis: Acute Rotator Cuff Tear

Clinical Presentation #3

68 year-old active women with a history of several years of indolent shoulder pain with worsening of her symptoms over the past 6 months. Thinks that it was made much worse after cleaning her attic. Denies any recent trauma. Complains of significant night pain.

Diagnosis: Acute on Chronic Rotator Cuff Tear