

ROTATOR CUFF TENDINOPATHY

A RETROSPECTIVE STUDY

PURPOSE

"INVESTIGATE DRY NEEDLING TO VARIOUS NON-TRIGGER POINT ANATOMICAL LOCATIONS COUPLED WITH STRENGTHENING EXERCISES AS A TREATMENT STRATEGY TO ↓ PAIN AND ↑ FUNCTION IN HEALTHY PATIENTS WITH CHRONIC RTC PATHOLOGY."



Protocol

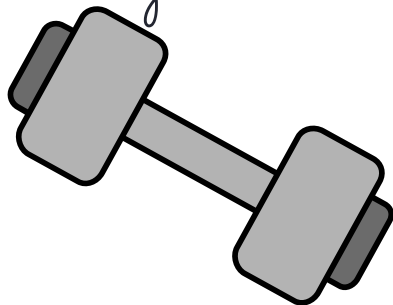
1-2x per week

8 weeks



"Ellenbecker-Escamilla Dozen"

3 sets
15 reps



Dry Needling

PROXIMAL MUSCLE-TENDON JUNCTION OF SUPRASPINATUS
MUSCLE BELLY OF SUPRASPINATUS
ANTERIOR EYE OF GREATER TUBEROSITY
POSTERIOR EYE OF GREATER TUBEROSITY
DELTOID TUBEROSITY

Click Here!

DATA



MMT

Abduction 3+4/5
External Rotation 3+4-/5

Painful Arc 70-125°

Limited Function
(Quick Dash)

Pain during sleep

DELTA



MMT

Abduction 5/5
External Rotation 5/5

Neg Painful Arc

Improved Function
(Quick Dash)

Improved Sleep

CONCLUSION

"CLINICAL RESULTS WERE POSITIVE INDICATING THE SELECTED INTERVENTION SHOWS PROMISE AS A TREATMENT STRATEGY FOR CHRONIC RTC TENDINOPATHY."

Limitations:
Sample Size
Lack of
Randomization



Curated by
structureandfunction.net

Saylor-Pavkovich E. Strength exercises combined with dry needling with electrical stimulation improve pain and function in patients with chronic rotator cuff tendinopathy: a retrospective case series. *IJSPT*. 2016; 11 (3): 409-422

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4886809>