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 IMPROVE 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
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Baylor-Parklawn E. Strength exercises combined with dry needling with electrical stimulation improves pain and function in patients with chronic rotator cuff tendinopathy: a retrospective case series. JOP. 2016;17(4):409-422
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4686809