

# ROTATOR CUFF RELATED SHOULDER PAIN



Physiotherapy is as effective as surgery

## SUB-ACROMIAL IMPINGEMENT SYNDROME

Physiotherapy is  
**as effective** as surgery...

at  
**1,2,4 and 5-year follow ups**

at  
**a fraction of the cost  
of surgery and with no risk  
of adverse events**



References: Haahr et al (2005) 1 year follow up  
Haahr & Andersen (2005) 4 year follow up  
Ketola et al (2009) 2 year follow up  
Ketola et al (2013) 5 year follow up

## SUB-ACROMIAL IMPINGEMENT SYNDROME

Physiotherapy  
**significantly**  
**reduces the need**  
for surgery...

by up to  
**80%**



Reference: Holmgren et al (2012)  
"Effect of specific exercise strategy on need for surgery  
in patients with SIS: randomized controlled study.  
British Medical Journal"

## ROTATOR CUFF PARTIAL THICKNESS TEARS (<75%)

Physiotherapy is  
**as effective**  
as surgery...

at  
**a fraction of**  
the cost  
of surgery



Reference: Kukkonen et al (2014) Bone & Joint Journal  
Treatment of non-traumatic RC tears.  
N= 180 shoulders  
Group 1- Physiotherapy (n=10 treatments)  
Group 2- Acromioplasty and physiotherapy  
Group 3- RC Repair, acromioplasty and physiotherapy

## (ATRAUMATIC) FULL THICKNESS ROTATOR CUFF TEARS

Physiotherapy  
**significantly**  
**reduces the need**  
for surgery...

by  
**75%**  
at 2 years



Reference: Kuhn et al (2013)  
Effectiveness of Physiotherapy in treating atraumatic full thickness  
rotator cuff tears: a multicenter prospective cohort study.  
Journal of Shoulder and Elbow Surgery.

## ELIGIBLE PATIENTS

*We accept all categories of patients including:*

- Medicare EPC (Bulk Billed at Kwinana, Bulk Billed on request at Aubin Grove)
- Workers Compensation, ICWA (Bulk Billed)
- Department of Veterans Affairs (Bulk Billed)
- NDIS (Bulk Billed once approved by NDIS - we arrange this)
- Private Patients - Fees Apply, Private Health Fund rebates on-site