Shoulder Injury in an Adult

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Abstract

The large degree of motion allowed by the shoulder increases the vulnerability to injury. Consequently, rotator cuff repairs are among the most commonly performed surgeries. Rotator cuff repairs are intended to decrease pain, improve the function and motion of the glenohumeral joint while assisting the individual to return to daily activities. Several individuals have experienced a rotator cuff repair and often find the rehabilitation process is more difficult than the surgery. Several complications can arise. Adhesive capsulitis is a painful restriction of the shoulder that can be an unwanted consequence of rotator cuff surgery. Rehabilitation is essential to regain full range of motion and function. There are various protocols used and there is debate on what is the most effective method.

Purpose

To stress the importance of a rehabilitation program after rotator cuff repair

Introduction

A 40-year-old female with no previous health concerns presents with symptoms of adhesive capsulitis after rotator cuff surgery on her right shoulder.

Clinical Presentation

- 40-year-old female with no prior health concerns
- Ongoing pain and decreased range of motion after rotator cuff repair to right shoulder

Differential Diagnosis

- Rotator Cuff Tear
- Impingement Syndrome

Treatment

- Exercise and stretching program
- Ice and Heat
- Ultrasound
- Electrical Stimulation
- Iontophoresis patches

Conclusion

There is a lack of evidence comparing the efficiency of the various rotator cuff rehabilitation protocols. While there is agreement on the necessity for rehabilitation, there is debate about the timing, progression, and methods. More research could be done on various rehabilitation methods comparing their effectiveness and rate of recovery. Since there are many factors involved in a successful rehabilitation process, including the specific damage to the individual's rotator cuff, protocols should be designed specifically for each individual patient.