

**Clinical Guideline:** Rotator Cuff Disorders Site: FPH

* Usually affect people 35 years of age or older.
* If the person is younger than 50 years of age, consider a tendonitis of the cuff, or possible partial thickness tear. If the person is 50 years of age or older, consider a rotator cuff tear.
* Most pain occurs when performing overhead activities.
* Massive rotator cuff tear is suggested if there is a history of trauma or dislocation, severe pain, profound weakness of abduction, or an inability to maintain the arm in 90 degrees of abduction then lower it to the side slowly (positive drop arm test).

History

General Information

Advice and Treatment

Referral Guidelines – red flag signs

Investigation

* On examination, a painful arc of movement between 60-120 degrees of abduction is found. Pain can also occur on the front and side of the shoulder, and at night.
* Active range of movement is limited, but there is a full passive range of movement.

Examination