

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

A physical therapist, a man in a white polo shirt, is assisting an elderly male patient in a blue polo shirt. The therapist is standing behind the patient, with his hands on the patient's shoulder and forearm, guiding a movement. The patient is looking towards the camera with a neutral expression. The background is a simple, light-colored room.

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.

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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

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