

# Rotator Cuff Tear

## Presentation

Traumatic or Insidious  
PROM > AROM  
Night pain/Pain on side lying  
Presents similar to impingement  
Weakness on isometric testing of external and internal rotation  
Positive lag/drop sign  
Struggling ADLS  
Signs of atrophy

## Differential Diagnosis

Visceral / Diabetes / Thyroid / Ca / RA / Supra-scapular nerve entrapment / C-Sp/T-Sp/Neural / Nerve root

## Classification

1. Full Thickness Tear - history of trauma / significant weakness with/out pain
2. Partial / Chronic Degenerative Tear - significant pain with/out weakness

### 1. Full Thickness Tear Within 4/12 of injury?

Yes

No

Refer for Surgery

### 2. Partial / Chronic Degenerative Tear

Referral to Physiotherapy

No Better

Review diagnosis, consider referral to secondary care, consider injection