

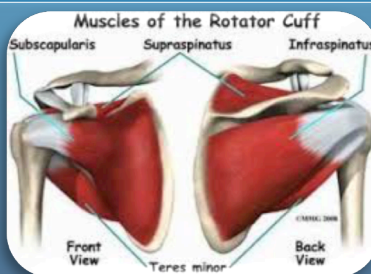
Aquatic Physical Therapy for Rotator Cuff Injury/Repair

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What is a “Rotator Cuff”?

The “Rotator Cuff” is a group of muscles/tendons that surround the shoulder joint and provide stability during activities.



Rotator Cuff Injury

Injuries can include strains, sprains, impingements, and partial or full thickness tears caused by overuse or traumatic events i.e. falls

Rotator Cuff Injuries often result in muscle guarding, which eventually can lead to frozen shoulders. Some injuries are severe enough that they require **surgery**. From prior experience, individuals tend to stay in slings longer than necessary, which can also lead to further immobility and restrictions in joint movement. By performing aquatic physical therapy, individuals can perform safe movements in the water with less pain. In fact, research shows that individuals are able to perform motions earlier post-op in water than compared to land. Being able to get in the water sooner helps to increase chances of greater success with therapy and regaining full range of motion and strength after surgery (Burmaster et al, 2016).



Why Choose Aquatic Solutions Physical Therapy?

With the HydroWorx tank, we have the capability to raise the water to shoulder/neck level, therefore, submerging the entire joint, which helps to reduce pressure and allow for increased movement early on in the rehabilitation process than when compared to land therapy.

At Aquatic Solutions Physical Therapy, we have different equipment including buoyant dumbbells, aquatic fins, pool noodles and more to help further assist in regaining strength and ROM following rotator cuff injuries/repairs.

Burmaster et al. Early Incorporation of an Evidence-Based Aquatic-Assisted Approach to Arthroscopic Rotator Cuff Repair Rehabilitation: Prospective Case Study, *Physical Therapy*, Volume 96, Issue 1, 1 January 2016, Pages 53-61, <https://doi.org/10.2522/ptj.20140178>

Hydroworx on RTC Repair: <https://www.hydroworx.com/blog/rehabilitation-water-benefits-rotator-cuff-patients/>