

Polar Bear Conference
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ROTATOR CUFF DISORDERS

1. **Anatomy**
 - Bony anatomy
 - Rotator Cuff - Supraspinatus, infraspinatus, subscapularis, teres minor
 - Layers of the rotator cuff
 - Subacromial bursa
 - Biceps tendon
2. **Function of rotator cuff**
 - Glenohumeral congruency
 - Rotational force
 - Muscular balance
3. **Pathogenesis of rotator cuff disease**
 - Extrinsic
 - Intrinsic
 - Environmental factors
4. **Symptoms of rotator cuff pathology**
 - Pain – activity/night
 - Weakness
 - Crepitus
 - Catching
5. **Exam of the rotator cuff**
6. **Imaging of the rotator cuff/shoulder**
7. **Management of rotator cuff disorders**
 - Non-surgical
 - Surgical
8. **Chronic rotator cuff tears**