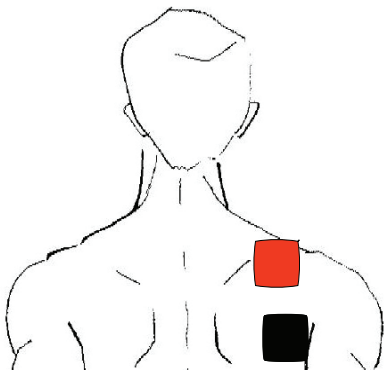


**Rotator Cuff Sprain/Strain**

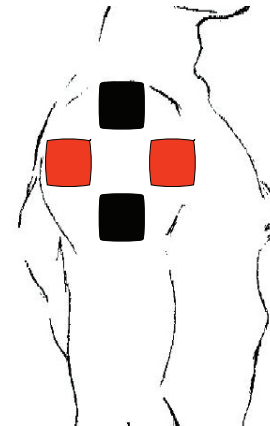
**Rotator Cuff Sprain/Strain injuries come from repetitive use or traumatic injury. Severe tendinitis due to pinching, degeneration or a fall can cause a partial or complete tear in the rotator cuff. This can result in shoulder pain, weakness and loss of normal movement. Since this condition is usually treated conservatively, TENS is a common modality used to decrease the pain associated with this condition.**

**Suggested Electrode Placements****2-pad placement**

**Place electrode pads with one pad over the upper trapezius/supraspinatus muscle and one pad over infraspinatus/teres minor muscles**

**4-pad placement**

**Place electrode pads on the anterior, posterior, superior and lateral aspects of the shoulder joint; pads can be criss-crossed in this pattern as well**

**Suggested Treatment Parameters**

**Mode: Continuous (when acute injury)**  
**Pulse rate: 80-100 Hz**  
**Pulse width/duration: 100-200  $\mu$ s**  
**Amplitude: Low level stimulation**  
**Treatment Time: Throughout the day as needed**

**Mode: Burst (when chronic injury)**  
**Pulse rate: 2 bursts/sec**  
**Pulse width/duration: 150-200  $\mu$ s**  
**Amplitude: Moderate level stimulation**  
**Treatment Time: Throughout the day as needed**

