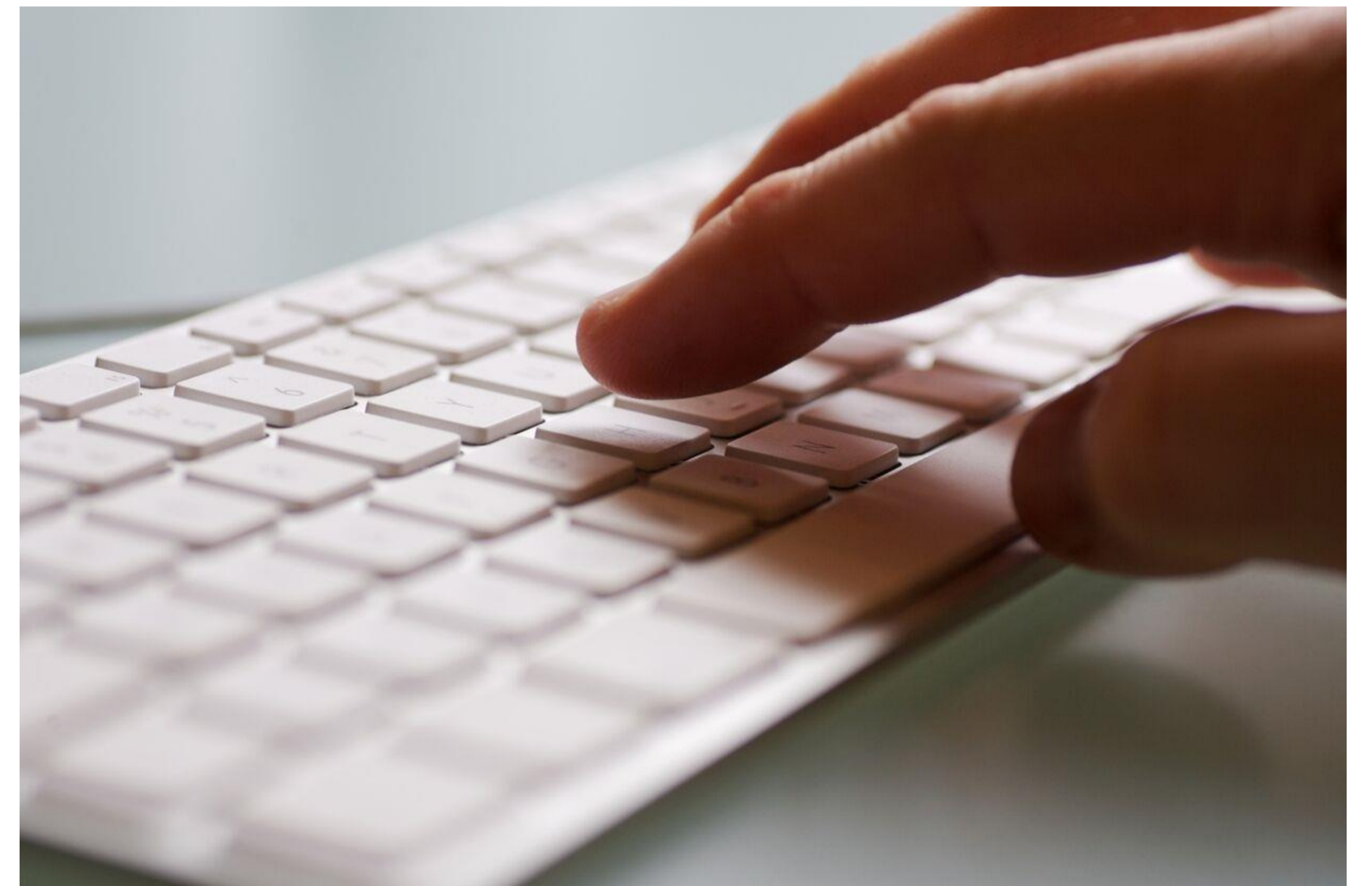


# What do Cochrane Systematic Reviews say about conservative and surgical treatment interventions in the treatment of Rotator Cuff Disease? Evidence Synthesis

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<https://www.besthealthmag.ca/wp-content/uploads/sites/16/2019/01/Resistance-Band-Workout-3-Toning.jpg>

## Abstract

**Context:** The shoulder pain is considered the third major musculoskeletal cause responsible for leading individuals to seek some type of primary care presenting the prevalence of 7% to 26% in the common population. The rotator cuff disease are considered a single term to be used for more than one condition, regardless of cause and specific area of the injury. This term may encompass studies ranging from partial or total ruptures, as well as tendinopathies/tendinosis

**Objective:** Thus, the purpose of this evidence synthesis was to identify the clinical effectiveness of conservative and surgical treatments found in Cochrane Systematic Reviews (CSR) in individuals diagnosed with Rotator Cuff Disease (RCD).

**Methods:** This evidence synthesis is a summary of Systematic Reviews (SRs) published in the Cochrane database

**Results:** This review identified eight systematic cochrane revisions containing conservative and surgical treatment for the treatment of rotator cuff dysfunctions.

**Conclusion:** These findings suggest that the strengthening exercises associated or not with techniques of manual therapies and electrothermofototherapeutic resources represented the interventions with greater power of treatment in the medium and long term.

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