

## **The Efficacy of Eccentric Strengthening with respect to the Rotator Cuff Pathologies.**

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### Educational Topic Presentation

**Purpose:** The purpose of this presentation is to provide an overview of effects of eccentric strengthening on degenerative tendopathies and how this training technique maybe applied to the sequel of Rotator Cuff pathologies.

**Description:** A critical review the current literature with respect to eccentric strengthening will be reviewed with potential applications to several different rotator cuff pathologies.

**Summary of use:** The clinical implications of this presentation may perhaps give the therapist a better understanding of eccentric strengthening, it's effect on tendopathies and how it may be used to effectively treat these conditions in the shoulder complex.

**Importance:** Eccentric strengthening has been show to be a more effective method in treating tendenosis and tendopathies than isometric or concentric strengthening yet it is often initiated very late in the treatment plan or protocol.