

RCRSP Companion for Exercise and Physical Activity

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The point of this tool is to offer educationnal videos, that cover different topics related to exercise and physical activity for the management of rotator cuff related shoulder pain (RCRSP).

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Exercise and Physical Activity

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educational videos that cover different
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activity for the management of rotator
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This is a presentation of the
different videos, how they relate to
each other and what topic they
cover.

This part will hopefully let you
determine which video(s) is best
suited for your patient at every step
of the rehabilitation.

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