**Rotator Cuff Tear Lab Lesson Plan**

**Resources**  
Required resources for students:

* Muscle Premium app from Visible Body
* Rotator Cuff Tear Lab Worksheet

Additional resources for students and teachers:

* This activity focuses on the shoulder joint and rotator cuff tears. It assumes students have a basic understanding of muscle anatomy and muscle function. These articles can serve as a refresher of muscle anatomy and an introduction to the shoulder:

<https://www.visiblebody.com/learn/muscular/muscle-movements#origins-insertions>

<https://www.visiblebody.com/blog/3d-skeletal-system-the-shoulder-girdle>

* This activity can be introduced using this video by Dr. Peter Lejkowski on the rotator cuff:

<https://www.youtube.com/watch?v=3OQel-jE--Y#action=share>

**Objectives**  
At the end of this activity, students will be able to explain basic shoulder anatomy and function and demonstrate competency in the following:

1. Identify the anatomy of the rotator cuff.

2. Explain common symptoms of rotator cuff tear.

3. Classify rotator cuff tears.

**Introduction**  
10 minutes: Tell students you will present the anatomy of the shoulder and associated injury to the rotator cuff. They should keep in mind that the structure of the shoulder joint allows it to be the most mobile joint in the body, while simultaneously sacrificing stability. After your overview presentation, tell students (on their own or in groups) to use the worksheet and the Muscle Premium app to review the shoulder joint and rotator cuff tear to learn more.

**Student Activity**  
45 minutes: Students complete worksheet. See answer key.