
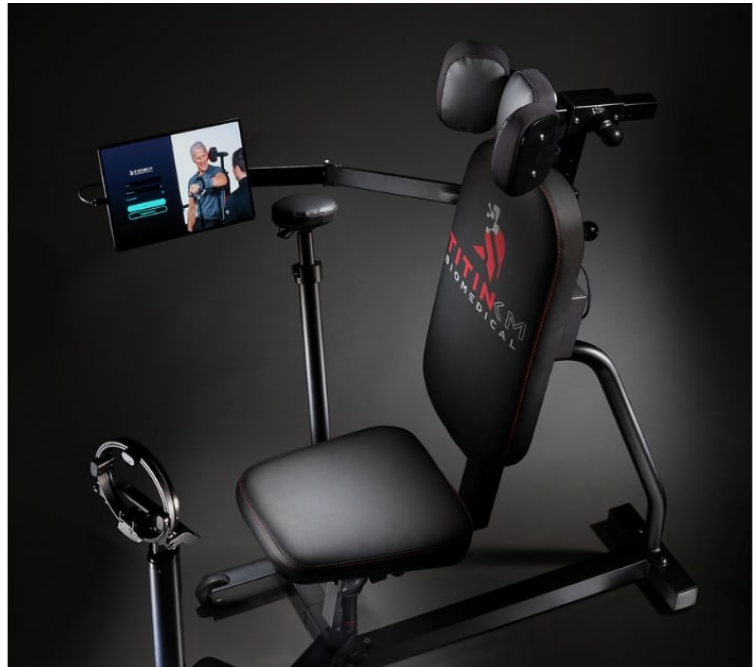


Upgrade Shoulder Rehab With CPG-Approved Tools

 [titinkmbiomedical.com/the-new-gold-standard-in-shoulder-rehab-the-newest-cpg-standards-make-it-official-if-pt-clinics-want-the-best-for-their-patients-its-time-to-update-assessments](https://www.facebook.com/Titin-KM-Biomedical-104892782104483)

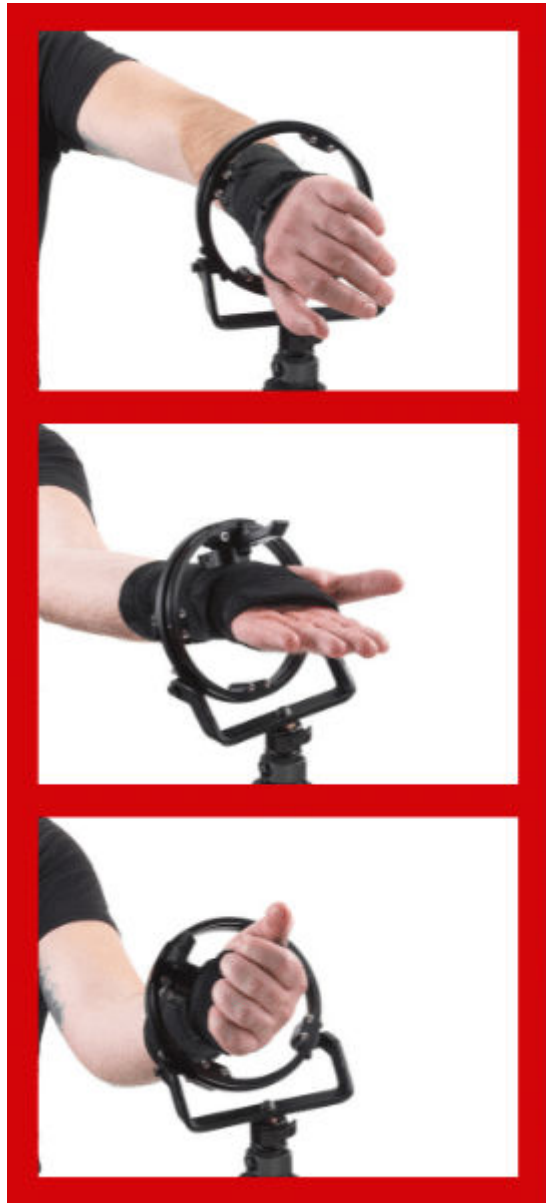
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June 16, 2025



The recently published **2025 Clinical Practice Guidelines (CPG)** for rotator cuff tendinopathy and shoulder pain are clear: **Manual Muscle Testing (MMT)** is outdated and limited. The new guidelines call for **objective, data-driven rehabilitation** methods to replace inconsistent legacy assessments.

If your physical therapy clinic, hospital, or sports medicine department still relies on MMT and basic resistance tools, it's time to upgrade your approach—or risk falling behind the standard of care.



According to the new CPG for rotator cuff tendinopathy published in the *Journal of Orthopaedic & Sports Physical Therapy (JOSPT)*¹, MMT is:

- **Subjective:** Dependent on clinician interpretation and inconsistent between testers
- **Lacks reliability and sensitivity:** Lacks the precision to detect subtle but significant deficits

Unsupported by current evidence: The latest guidelines recommend moving away from MMT in favor of tools that offer **quantifiable, repeatable measurements**

Relying on MMT alone may now be viewed as **clinically negligent**, especially when superior alternatives are readily available.

Diagnosis and Clinical Testing

- Emphasis on **history and clinical tests** like Neer, Hawkins-Kennedy, and infraspinatus strength tests—not early imaging.

- Triage should distinguish traumatic from degenerative cases as well as screen for red flags indicating more serious pathology such as suspicious deformity, fever/chills, and history or suspicion of cancer.

Medical Management

- **Exercise therapy** and **patient education** as first-line treatment.
- Educate about the effects of repeated **corticosteroid injections** and routine use of **biologics** like PRP..

Rehabilitation Focus

- Progressive, **multiphase rehab** approach:
 1. Pain modulation and mobility
 2. Strengthening and motor control
 3. Functional return
- **Objective tracking** of performance and progress is highly encouraged.

Patient self-management and functional goal setting are central to success.

Where the Humero Tech C1 Fits In

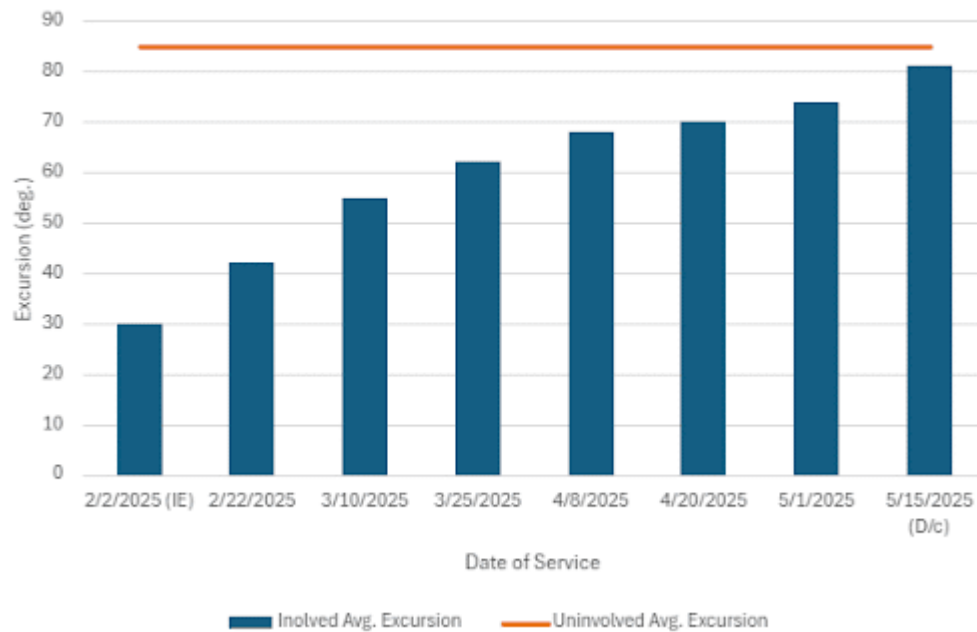
The **Humero Tech C1** by Titin KM Biomedical is the **only rehab device engineered specifically to meet these new CPG standards**.

- **Omnidirectional resistance** for multiplanar training
- **Live motion tracking** and dynamic strength values
- **Objective performance metrics** for documentation and personalization
- **Custom app control** and **exercise banks**
- **Bilateral training** for comprehensive recovery and comparisons



This isn't just new equipment—it's a strategic upgrade to modern, **evidence-based care** that is designed to improve outcomes and accelerate return to activity.

Doe, John - Progression Analysis of External Rotation Excursion



Doe, John

ID: 0001

DOB: 09/09/1998 (26)

Sex: Male

Right Handed

Email: etg+1@titin.bio

Select Hand

Left Hand Right Hand

Edit Delete

Compare Metrics

05/05/2025 05/07/2025

Exercise: Flexion

Power Progression

ROM Progression

Sessions

Sessions (right)

Start Session

05/14/2025 12:43 PM

05/07/2025 03:37 PM

05/07/2025 03:03 PM

05/07/2025 02:59 PM

05/07/2025 02:57 PM

05/07/2025 02:51 PM

Tests

05/07/2025 03:03 PM

Program: Abduction, Flexion, Scaption

Hand: Right

Exercise: Abduction

Flexion

Scaption

Name Session

Play Session

Flexion

Basic Information

Reps: 5

Sets: 1

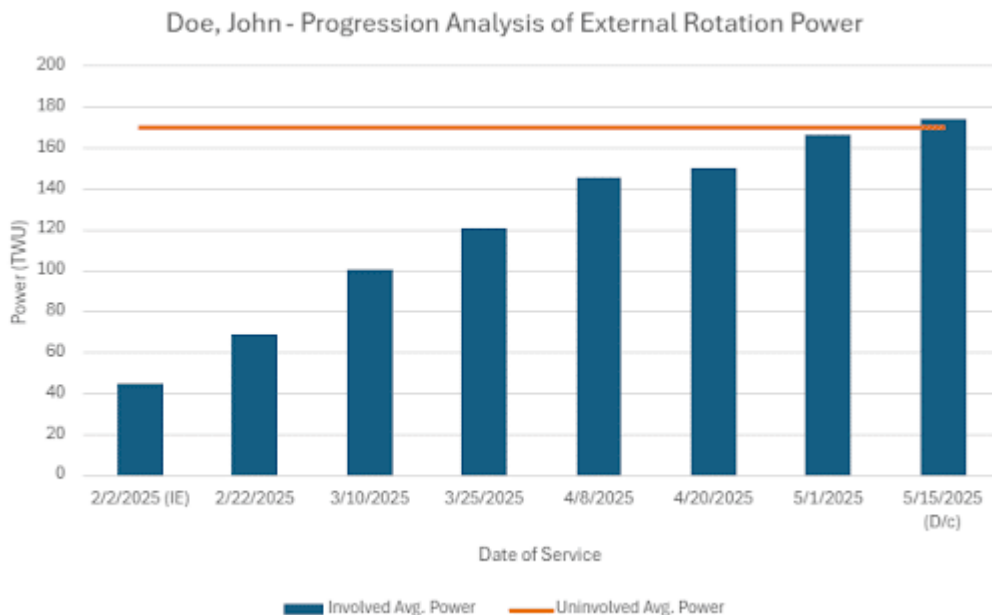
Joint Position: 5 O'Clock

TWU: PEAK 16.98, MEAN 14.81

Motion: PEAK 17.4, MEAN 9.28

Resistance XY: PEAK 0.0%, MEAN 0.0%

Resistance Z: PEAK 0.0%, MEAN 0.0%



1. **Educate Your Team:** Share the 2025 Rotator Cuff CPG updates in staff meetings and in-services.
2. **Audit Your Workflow:** Identify where outdated assessments dominate care plans.
3. **Pilot New Tools:** Implement tech like Humero Tech C1 for a select patient group.
4. **Track and Compare Outcomes:** Use data to justify the upgrade to insurers and referral sources.

Market Your Advantage: Promote that your clinic leads the way with **CPG-compliant care** and modern physical therapy technology.



The 2025 CPG for rotator cuff rehabilitation is the new gold standard. And clinics that embrace objective, tech-driven care can work to:

- **Achieve better patient outcomes**
- **Enhance their clinical reputation**
- **Build stronger referral networks**
- **Streamline documentation for payers**

The **Humero Tech C1** is not just a tool. It's your partner in delivering **21st-century** shoulder care.

Is your clinic ready to meet the latest standards in patient care? Let's talk

Rotator Cuff Tendinopathy Diagnosis, Nonsurgical Medical Management, and Prognosis: A Clinical Practice Guideline From the American Physical Therapy Association. J Orthop Sports Phys Ther. 2025;55(4):CPG1–CPG20. doi:10.2519/jospt.2025.13182.

- Author

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Titin KM Biomedical

The Titin rotator cuff machine helps streamline recovery from rotator cuff injuries and aims to redefine the standard rehab process. By combining fluid-motion technology with in-depth metrics, patients can build strength and track the results of their rehab. Unlike rubber bands and dumbbells, our technology actually shows patients their progress, helps improve their rotator cuff strength, and supplies data to aid them in making informed decisions about recovery.

