



**UNIVERSITY  
OF ALBERTA**

Faculty of Rehabilitation Medicine

**Department of Physical Therapy**

## **Rotator Cuff Shoulder (RCS) Class**

The RCS Class is a 12-week, group-based education and exercise program for patients with rotator cuff related pain/pathology. In this class, you will learn about your shoulder and most importantly, how to improve its function through a series of progressive exercises.

### **Program includes:**

- Initial 1-hr shoulder assessment (to ensure suitability for class)
- 12 group classes
- Two follow-up assessments (6 & 12 weeks)
- Cost \$130 (submittable to extended health care plans)

### **How To Sign Up:**

- Call or email the Corbett Hall Student Physical Therapy Clinic.

### **Corbett Hall Student Physical Therapy Clinic**

Faculty of Rehabilitation Medicine

University of Alberta

8205 114 Street

1-26 Corbett Hall

Edmonton, AB T6G 2G4

**Phone:** 780-248-2070

**Email:** [ptsca@ualberta.ca](mailto:ptsca@ualberta.ca)

**Clinic Hours:** Monday - Friday: 8:30 A.M. - 12 P.M. and 1 P.M. - 4 P.M.