

ROTATOR CUFF INJURY

What is it?

The rotator cuff consists of four muscles that support and move the shoulder. A rotator cuff tear is a tear of one or more of these muscles whereas a rotator cuff injury can include any type of irritation or damage to these muscles or tendons.

Common Symptoms

- Pain and sometimes pain at rest
- Weakness of the muscles
- Crackling sensations (crepitus) when moving the shoulder
- Inability to move or lift the arm sufficiently, especially in overhead actions

Common Causes

- Acute Injury
 - sudden, high stress motion or impact, such as a fall on the outstretched arm, or a heavy lift with a jerking motion
- Chronic Degeneration
 - Overuse in postures of poor biomechanics or muscular imbalance
 - Repetitive shoulder motions, such as overhead throwing, rowing and weightlifting

What Can You Do at Home?

- Gentle range of motion exercises within your painfree range to prevent the shoulder from stiffening up
- Ice frequently – 10minutes on 20minutes off as often as possible
- Once range of motion is full, strengthening exercises must be started to help regain function in the shoulder
- Correct posture – to minimize the negative wear 'n tear on the tendons!

How is it Treated?

- Postural re-training, muscular re-education and strengthening of the shoulder muscles
- Joint mobilization to improve joint mobility
- Soft tissue treatments to target tight and tender muscles (massage, Active Release Technique)
- Pain relieving modalities, such as ultrasound, interferential current (IFC) or transcutaneous electrical neuromuscular stimulation (TENS)

