

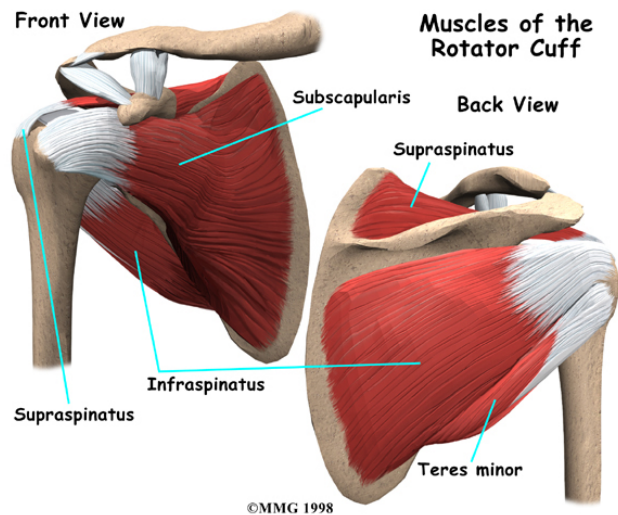


Rotator cuff tendonitis

Rotator cuff tendonitis is one of the most common conditions affecting the shoulder. It is generally caused by overuse or overload. Overuse or overdoing shoulder exercise can happen in sports like swimming or during throwing sports, where the repetitive motion of the arm causes irritation to the cuff. Tensile overload is when the shoulder experiences a sudden pull or jerk and can lead to rotator cuff tendonitis. An example of tensile overload to the shoulder is when a person is walking a dog and the dog pulls hard on the leash, resulting in a sudden jerk or pull to the shoulder.

The muscles

The rotator cuff muscles are four very small, fragile muscles named the supraspinatus, infraspinatus, subscapularis and teres minor. The purpose of these four muscles is to help the arm attach and move properly in the shoulder socket. Of the four muscles, supraspinatus is the most important and the most commonly injured.



Symptoms

When the rotator cuff is injured, pain results from inflammation to the muscle group. You may feel pain that is dull, achy, throbbing or piercing. The pain often does not focus on one spot, but occurs in the general location of the shoulder. The pain often worsens when raising the arm overhead or while resting in bed at night.

Diagnosis

The history and physical examination given by a physician or Physical Therapist helps make the diagnosis. X-rays of the shoulder may be done, but not always.

Treatment

The most common treatments for rotator cuff tendonitis include:

Ice, anti-inflammatory medications and rest; These basic treatments focus on reducing inflammation and pain to the shoulder.

Physical therapy; Physical therapy combines exercises to strengthen the rotator cuff, as well as other muscles which stabilize the shoulder and address any limitations in range of motion. In addition, modalities address pain and inflammation and often manual therapy is indicated to assist in the restoration of shoulder mobility and decreasing soft tissue restrictions. Finally, your Physical Therapist will help guide your return to full function with your arm, as quickly and safely as possible

Injection to the rotator cuff; An injection by a physician may be a useful treatment to specifically address the symptoms due to the inflammation.



Prognosis

After treatment most patients feel a substantial relief of pain, assuming they follow through with all recommendations. Most patients experience a great reduction in pain, yet still have a small amount of pain that slowly improves over three to six months.

If pain continues, stay in touch with your doctor or Physical Therapist who may use further tests to screen for other possible problems.

Popular Rotator Cuff Exercises with Theraband

Tie theraband or tubing onto door handle.

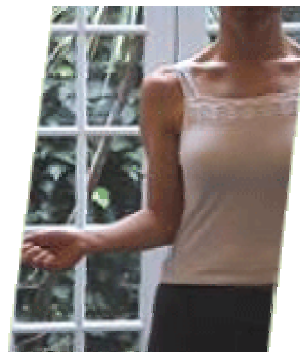
Note that there are various resistance depending on the color of the band.

Be sure to keep your elbow close to your side, as shown.

Repeat 3 sets of 10 repetitions.

External Rotation

Internal Rotation



The information on this page is provided to you from Performance Physical Therapy. It is not intended to replace any information/treatment provided to you by your health care provider. If you experience any pain while participating in this exercise, please contact your health care provider. Please feel free to check with your Physical Therapist if you have any questions about the information provided on this page.

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