



**Therapy  
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# Rotator Cuff Tear

## What is the Rotator Cuff

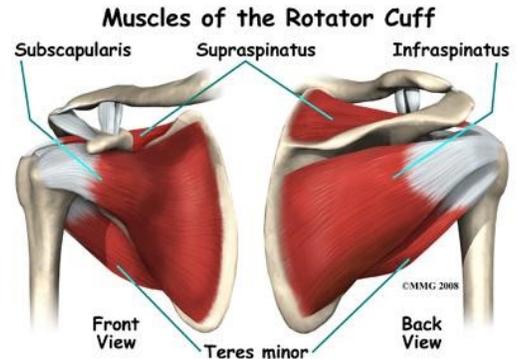
- Rotator cuff is a group of four muscles and their tendons (which attaches them to the bone) in the shoulder area
- These muscles connect the upper-arm bone, also known as the humerus bone, to the shoulder blade

## Facts about the Rotator Cuff?

- Primary job of the rotator cuff is to provide stability to the shoulder joint.
- Injuries to the rotator cuff are very common, either from injury or from repeated overuse of the shoulder
- Diagnosis may include: clinical assessment and/or imaging tests (x-rays, ultrasound, MRI)

## Signs and Symptoms of Tear or Injury

- Pain
- Stiffness
- Loss of range of motion of the shoulder



## Treat-ment

- **Medication**
  - To assist with decreasing inflammation of the shoulder joint
  - Cortisone injections into the shoulder
- **Therapy**
  - Soft tissue mobilization
  - Improve passive and active range of motion
  - Strengthening exercises for shoulder, trunk/core, and back muscles
  - Posture and body mechanics training
  - Goal of therapy: The goal of therapy is to improve the function of the muscles that surround the shoulder. Often people only strengthen a few of the large muscles around the shoulder. Therapy targets the smaller, but important muscles around the shoulder that are commonly neglected to help compensate for damaged tendons and improve the mechanics of the shoulder joint.
- **Surgery**
  - Arthroscopic tendon repair, open tendon repair, tendon transfer, or shoulder replacement

## General Tips

1. Avoid repeated overhead arm positions that may cause shoulder pain.
2. Add rotator cuff muscle and scapular strengthening exercises into your exercise routine
3. Practice good posture. A forward position of the head and shoulders has been shown to alter shoulder blade position and create shoulder impingement syndrome.
4. Avoid sleeping on your side with your arm stretched overhead, or lying on your shoulder. These positions can begin the process that causes rotator cuff damage.
5. Avoid carrying heavy objects at your side; This can strain the rotator cuff.
6. Avoid smoking; It can decrease the blood flow to your rotator cuff.