

# Rotator Cuff INJURIES

Rotator cuff injuries (tendonitis/tear) may result from repetitive overhead activities, improper technique, or a trauma. The shoulder is a ball and socket joint. The rotator cuff muscles function to hold the ball (humerus) in the socket (scapular glenoid). When these muscles are injured, the joint becomes unstable resulting in more damage.

### Causes:

- Repetitive overhead activity (throwing, swimming, tennis)
- Direct blow or Fall onto shoulder
- Multi-directional Instability
- Collagen Vascular Disease
- Sudden force on shoulder (throwing-follow through)

### Signs/Symptoms:

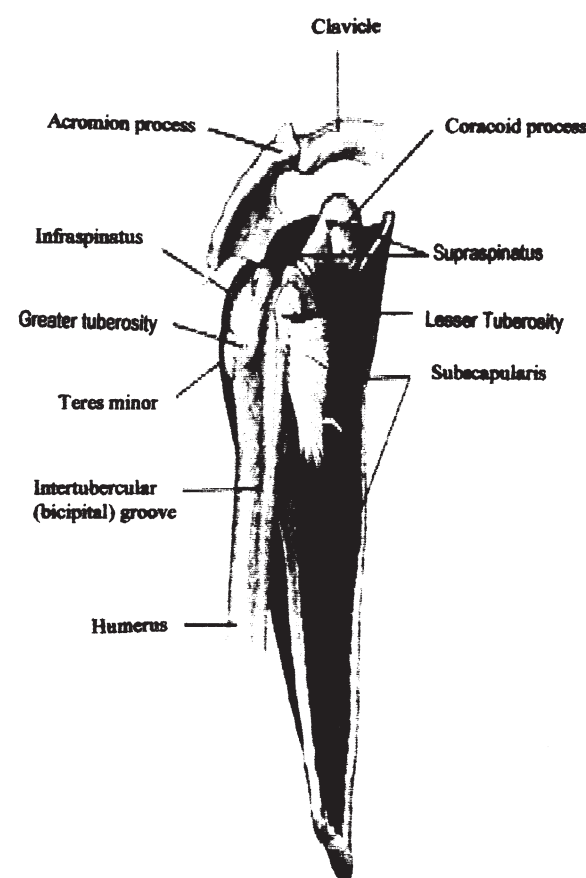
- Pain in the shoulder and/or mid-shaft of the upper arm (humerus)
- Pain is aching and sometimes sharp.
- Pain or discomfort following activity or at night.
- Weakness in the shoulder.
- Limited range of motion (especially reaching behind your back)
- Occasional "crunching" with movement.
- Pain and stiffness 12-24 hrs. post activity.
- Pt tender in area of humeral head (shoulder)

### Treatment:

- Decrease, modify, or rest from activity.
- Apply ice for 15 to 20 minutes following activity.
- Warm-up and stretch prior to activity.
- Treat with anti-inflammatories as prescribed by your physician.
- Avoid activities performed overhead.
- Establish and correct cause

### Rehabilitation/Prevention:

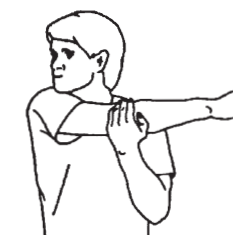
- Physical Therapy for shoulder range of motion and strength.
- Improve or adapt activity techniques.
- Comprehensive conditioning program for the shoulder and the entire body (especially upper back and legs).



## Exercises for Rotator Cuff Injuries



1. Inferior Capsule Stretch AAROM, 1 set of 10  
Bring your involved arm up and behind your head. While holding your elbow with the other hand, stretch for 5 seconds. Relax. Do 1 set of 10.



2. Posterior Cuff Stretch, AAROM, 1 set of 10  
Bring your involved arm across your chest. Rotate your head toward your involved shoulder while pulling at the elbow with your other arm. Hold for 5 seconds. Relax. Do 1 set of 10.



3. Standing Stretch in Corner, 1 set of 3  
Stand facing a corner. Place your hands on the wall on either side of the corner. Fingers should be pointing up with elbows at shoulder level. One foot should be placed toward the corner. Slowly lean you chest into the corner. You should feel a "pulling" sensation in your chest. Hold for 30 seconds. Relax. Do 1 set of 3.



4. Wall Push-Ups, 3 sets of 10  
Place hands on wall at shoulder-width apart with feet approx. 3 feet away from wall. Slowly lean into wall, bending both elbows. Pause, then press back up to the starting position. Repeat for 10 sets of 3 repetitions.



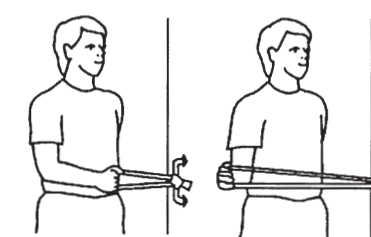
5. Tubing, Extension, 3 sets of 10  
Hook the elastic over a doorknob. Pull back, keeping your elbow straight. Hold for 5 seconds. Slowly return to the starting position. Do 3 sets of 10.



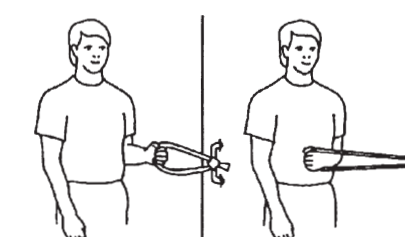
6. Tubing, Flexion, 1 set of 10  
Stand on one end of the elastic. Hold the other end in your hand, thumb up. Pull forward, keeping your elbow straight. Hold for 5 seconds. Slowly return to the starting position. Do 1 set of 10.



7. Tubing, Abduction, 1 set of 10  
Stand with elbow straight, palm forward. Hold onto one end of the elastic, standing on the other end. Bring arm upwards, out to the side, keeping your thumb up. Do 1 set of 10.



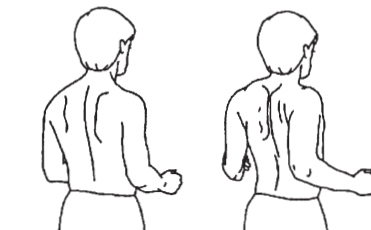
8. Tubing, ER, Unilateral, 3 sets of 10  
Stand with your uninvolved side next to a closed door, elastic attached to the doorknob. With your elbow bent and by your side, pull out to the side. Hold for 5 seconds. Relax. Do 3 sets of 10.



9. Tubing, IR, Unilateral, 3 sets of 10  
Stand with your involved side next to a door. Attach one end of the elastic to the doorknob. With your palm down and elbow at your side, stretch the elastic across your body. Slowly return to the starting position. Do 3 sets of 10.



10. Tubing, Rows, 3 sets of 10  
Attach band to door. Stand facing door. Hold on to each end of the band, keeping elbows bent and squeeze your shoulder blades together. Do 3 sets of 10.



11. Pinches, Standing, 1 set of 10  
Bring your elbows together behind your back, pulling your shoulder blades together. Do not let your head move forward. Hold for 5 seconds, then relax. Do 1 set of 10.



12. Scapular Stabilization, Prone, 1 set of 10  
Lie on your stomach with arms out away from sides. Raise arms up from the floor with \_\_\_ pound(s) in each hand. Hold for 5 seconds. Relax. Do 1 set of 10.