

# ROTATOR CUFF

## INJURIES

When your mobility is affected

## HISTORY

The rotator cuff is responsible for movement at the shoulder joint.

Causes include:

- Degenerative changes (age)
- Repetitive micro traumas during overhead movements (such as sports or work)
- Severe traumatic injury
- Family history
- Bone spurs in shoulder

## SIGNS & SYMPTOMS

- Pain or ache in shoulder or upper arm
- Disturbed sleep due to discomfort
- Pain with overhead movements
- Muscle weakness in the shoulder
- Reduced mobility
- Difficulty pushing or lifting objects

## ANATOMY

The rotator cuff consists of four muscles, and allow for movement and provide stability to the shoulder joint. They cross the shoulder joint, and injury can cause impaired movement.



### Contact us

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## 1) Pain Management

Arm pendulums encourages movement in the shoulder without engaging the injured muscles. Stand beside a chair and bend at the hips until your arm hangs down. Gently shift your weight, allowing your arm to swing side to side, and then progressing to small circles. Do not use your shoulder muscles to move, just momentum. Repeat a few times a day, starting with 30 seconds.



## 2) Mobility

Perform assisted arm raises by holding a dowel or broomstick with your palms facing down, raise the dowel up while keeping your elbows straight. Make sure to let the uninjured side do the work. The injured side should just be along for the ride (not engaging the muscles). Slowly repeat this a few times a day.



## 3) Strength

Banded rows improve the strength of the shoulder and upper back muscles. Secure a resistance band around something secure, and hold one end of the band in each hand. Stand tall, and pull the handles back until they are by your side. Keep the elbows close to the body while you do this. Release slowly, and repeat this 10 times for 3 sets.



## 4) Functional/Sport

Perform farmer carries by holding a weight in the hand of the affected shoulder. Keeping the weight at your side and your shoulder stable, walk with the weight. Do this three times until fatigue (cannot maintain proper form).

