



## Contact us

We can help address your shoulder pain and injuries.

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## Rotator Cuff Injuries – When Your Mobility is Affected

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Rotator cuff (RC) injuries can occur at any age, but risk increases with age. Physiotherapy can help reduce the signs and symptoms you experience due to a rotator cuff injury.



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GET BACK TO DOING  
WHAT YOU LOVE

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# ABOUT ROTATOR CUFF INJURY HISTORY

The rotator cuff is responsible for performing movement at the shoulder joint. Injury to these muscles can occur at any age. Causes of rotator cuff injuries include:

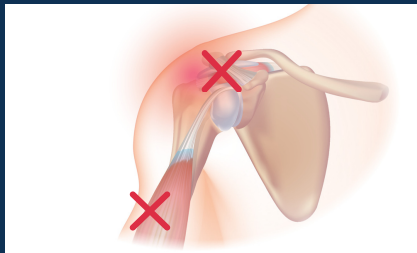
- Degenerative changes (age)
- Repetitive micro traumas during overhead movements (such as sports or work)
- Severe traumatic injury
- Family history
- Bone spurs in shoulder

## SIGNS & SYMPTOMS

Symptoms of RC injury include:

- 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

## PAIN REFERRAL PATTERNS



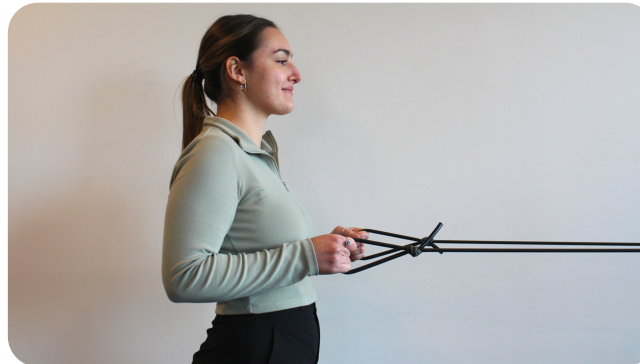
### ANATOMY

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



## 1) Pain Management

**Arm pendulums** encourage movement in the shoulder without engaging the injured muscles. Stand beside a chair or table 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 produce these movements, just momentum. Repeat a few times a day, starting with 30 seconds.



## 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.



## 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.



## 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).

**If symptoms persist, be sure to follow up with a physiotherapist.**