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WHAT YOU LOVE
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Contact us

We can help reduce your
shoulder pain.

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Rotator Cuff Injuries: When Your Mobility is Not Affected

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. If your mobility is affected due to your RC injury, this resource can help.

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:

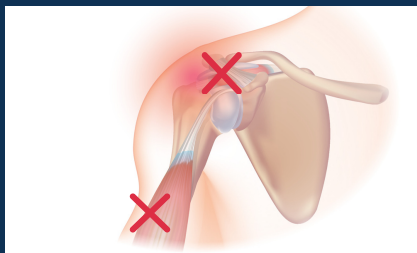
- Degenerative changes (age)
- Repetitive micro traumas during overhead movements (such as sports or work)
- Severe traumatic injury
- Family history
- Bone spurs in shoulder

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

Myofascial release is a self-management technique that targets areas that are sore. Place a small hard ball against a wall and press it into areas of tightness, holding until the muscle releases. Move onto the next sore spot, being sure not to place the ball on your spine.



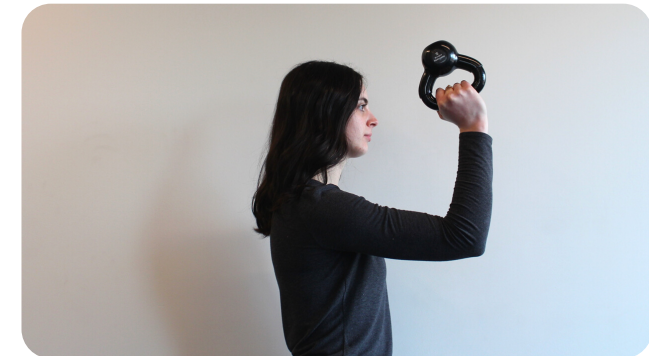
3) Strength

Banded rows improve the strength of the shoulder and upper back muscles. Secure a resistance band around something, 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

The **sleeper stretch** is performed by placing your injured side against the wall with the shoulder and elbow at 90 degrees and the shoulder retracted. Gently press down with your other hand to feel a stretch in the back of the shoulder. Hold for 30 seconds and repeat 3 times.



4) Functional/Sport

90/90 inverted kettle bell carry can be performed lifting the kettlebell with your elbow and shoulder at 90 degrees. Keep the shoulder neutral (shoulders back) and maintain this position while you walk with the weight. Perform 3 times until fatigue.