



Rotator Cuff Related Shoulder pain

What is rotator cuff related Shoulder pain?

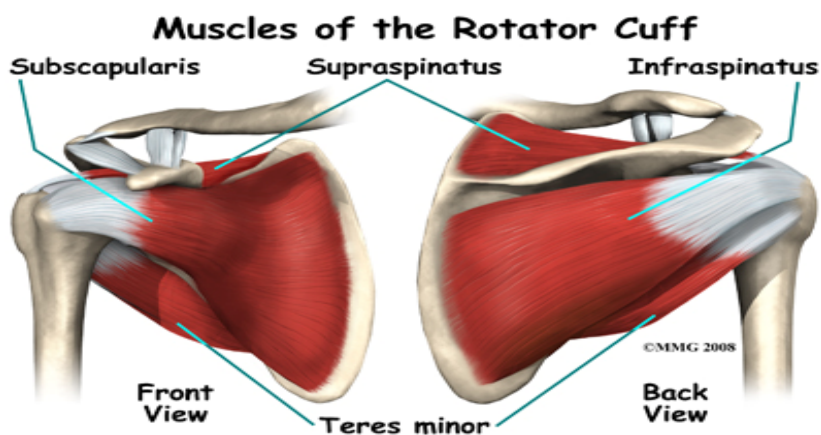
Rotator cuff related pain is a broad diagnosis for a large group of shoulder problems / injuries that are either caused by injury/dysfunction in the rotator cuff muscles.

The rotator cuff is a group of muscles which originate from the shoulder blade and attach to the upper arm bone (humerus) via the rotator cuff tendons. Collectively, the rotator cuff act to provide stability to the shoulder joint and assist with elevation and rotation movements of the shoulder. The 4 muscles of the rotator cuff include:

- Supraspinatus
- Infraspinatus
- Subscapularis
- Teres Minor

During contraction of the rotator cuff muscles, tension is placed through the rotator cuff muscles and tendons. When this tension is excessive due to too much repetition or high force, damage to the rotator cuff muscles or tendons may occur. These muscles can also be damaged due to trauma.

Rotator cuff tendonitis is commonly seen in association with subacromial impingement or bursitis.



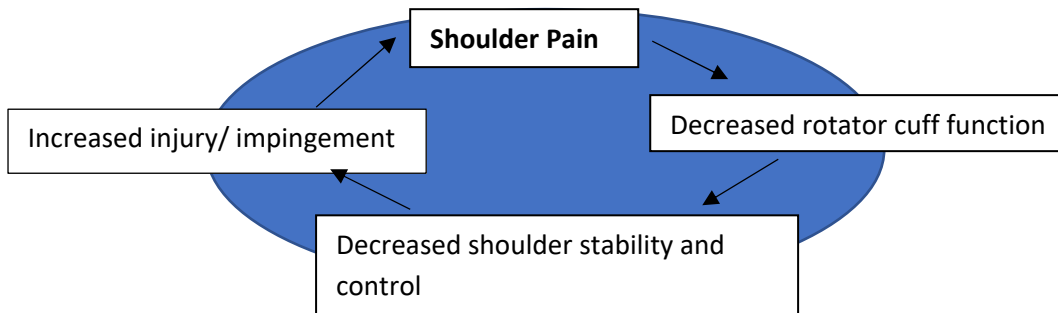
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Rotator Cuff Pain / Dysfunction Symptoms

Rotator cuff pain has some common symptoms including, but not limited to, the list below

- Pain with shoulder movements over shoulder/head height
- Pain with twisting/ awkward movements (e.g. reaching for seatbelt, twisting doorknob etc)
- Pain with arm behind you back or head (e.g. putting on/off shirt, bra, washing hair etc)
- Movements involving your hand being away from your body
- Poor posture may worsen symptoms

Acute Management

In the early stages of this pain some relief can be found by switching on these rotator cuff muscles without pain. If your pain is not increased or brought on by the below exercises they may act to improve symptoms of pain and decreased function.

Prognosis

With appropriate management and physiotherapy, most minor cases of rotator cuff related shoulder pain, that have not been present for long, can usually recover within a few weeks. In chronic cases, recovery can be a lengthy process and may take 3-6 months or longer to achieve an optimal outcome.

In some cases, if there is severe injury or other structures in the shoulder are impacted surgery may be required. Post-surgical outcomes are improved with both pre-surgical and post-surgical physiotherapy individualised rehabilitation programs.

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Acute Management Exercises for rotator Cuff related shoulder pain

As with all soft tissue injuries the protocol of RICE is helpful in the early stages;

Rest (from painful activities, continue to move as able without pain)

Ice (10-20 minutes on 2 hours off affected area)

Compression

Elevation (above heart to aid in reducing swelling)

Rotator cuff exercises

Arm away from body

- Attach light resistance band to door handle
- Keeping elbow close to body move hand away from body (thumb up)
- Slowly move arm back and forth with control
- If no pain continue as many times as able with good technique , starting with approximately 10 x reps



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ORANGE PHYSIOTHERAPY AND SPORTS INJURY CLINIC

Arm away from body

- Attach light resistance band to door handle
- Keeping elbow close to body move hand across body (thumb up)
- Slowly move arm back and forth with control

If no pain continue as many times as able with good technique , starting with approximately 10 x reps



If you intend to return to higher levels of function or find that your pain is not decreasing with the above exercises there are many more forms of treatment that can be provided. Our team of experienced physiotherapists can provide you with an individualised, graduated exercise program to help get you back to your goals, from house work to returning to work , sport or hobbies.

**** This Form is GENERIC ONLY and does not replace medical assessment and individualised treatment. It is a guide only and will not be appropriate for all types of ankle/ foot injuries. STOP IMMEDIATELY if this increases your pain, and seek appropriate medical advice. In attempting these exercises without medical advice, you do so at your own risk******

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