

Injury Prevention for: Rotator Cuff (RTC)

What is the Rotator Cuff?

- The Rotator Cuff is comprised of 4 muscles:
 - Supraspinatus, Infraspinatus, Teres Minor and Subscapularis

What is the function of the Rotator Cuff?

- These four muscles help stabilize the shoulder joint by keeping the head of the humerus in place.
- Unlike other joints in your body that are more ball and socket the shoulder stability comes from the ligaments and the muscles surrounding the joint. Most of the stability in the front of the shoulder comes from the ligaments, while most of the stability from the back comes from the Rotator Cuff.

Types and Symptoms of a Rotator Cuff injury:

- There are three different types of RTC injuries a person can have.
 - Acute- usually occurs with a sudden powerful lifting of the arm against resistance, such as trying to cushion yourself from falling. For the younger population this would require an extreme amount of force.
 - Sudden tearing sensation with severe pain shooting through arm.
 - Motion is limited from pain and spasm.
 - Point tender over site of rupture.
 - Possible inability to raise arm out to the side, maybe less painful with help.
 - Chronic- usually seen in sports requiring a lot of overhead activities such as baseball pitchers. In most cases swelling or narrowing of the space between the collar bone and the head of the humerus is the problem.
 - This occurs more in the dominant arm.
 - Pain usually is worse at night and interferes with sleep.
 - Decrease inability to move arm to the outside.
 - Usually able to use arm for most activities that do not require arm to go above shoulder.
 - Tendinitis- Occurs from repetitive trauma from everyday movement.
 - Deep ache in shoulder.
 - Point tender over insertion.
 - Pain comes on gradually and becomes worse with lifting arm to the side or turning inward.

Treatment/Prevention:

- Proper warm up and cool down.
- Keep shoulder stretched out and loose. (Forward, Internal and External Stretches)
- Ice for 15-20 minutes 2-3 times a day.
- Anti-inflammatory