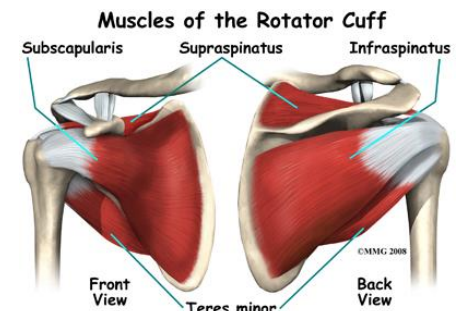


ROTATOR CUFF INJURY

What is the Rotator Cuff?

Your shoulder joint is a relatively unstable ball and socket joint that is moved and controlled by a small group of four muscles known as the **rotator cuff**.

The **subscapularis**, **supraspinatus**, **infraspinatus** and **teres minor** are your small rotator cuff muscles that stabilise and control your shoulder movement on your shoulder blade (scapula). The rotator cuff muscles are responsible for shoulder rotation and form a cuff around the head of the humerus (shoulder ball).



Risk Factors for Rotator Cuff Injury:

- Aged 40 and above
- Certain sports (swimming, tennis and basketball)
- Construction jobs
- Family history
- Trauma

What Are The Signs and Symptoms of a Rotator Cuff Injury?

- An arc of shoulder pain or clicking when your arm is at shoulder height or when your arm is overhead
- Shoulder pain that can extend from the top of your shoulder to your elbow
- Shoulder pain when lying on your sore shoulder
- Shoulder muscle weakness or pain when attempting to reach or lift
- Shoulder pain when putting your hand behind your back or head

ROTATOR CUFF INJURY

How is a Rotator Cuff Injury Diagnosed?

- Your Physiotherapist may suspect a rotator cuff injury following a series of shoulder tests
- A diagnostic ultrasound scan is the most accurate method
- X-rays are of little diagnostic value when a rotator cuff injury is suspected

Your Physiotherapy treatment will aim to:

- Regain full range of motion
- Restore scapular control
- Restore normal neck-scapulo-thoracic-shoulder function
- Restore rotator cuff strength
- Restore high speed, power, proprioception and agility
- Return to sport or work

Your Physiotherapist will provide you with an exercise program.

Contact: Physiotherapy Department **Tel:** (03) 5143 8560