



Getting You On

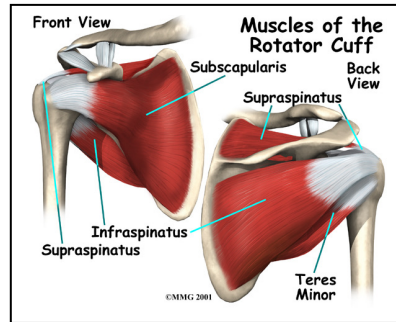
THE ROAD TO RECOVERY

Issue 1 – Fall 2008

DEALING WITH A ROTATOR CUFF INJURY

We have all heard the term “rotator cuff” or as some like to call it “my rotary cup.”

The rotator cuff is made up of four muscles; the subscapularis, supraspinatus, infraspinatus, and teres minor; which wrap around the front, back and top of the shoulder joint. These muscles act as a group to stabilize and perform other mechanical functions of the shoulder joint.



One of their primary functions is to stabilize the head of the humerus (upper arm) in place against the shoulder blade and assist with other shoulder motions.

So how does one injure, or sustain a tear of the rotator cuff?

This can occur in any number of ways, but the most common is degeneration of the joint from wear and tear over time, or a traumatic injury (baseball pitcher, assembly line worker, etc.). All of these can cause injury and or tears individually or collectively to the rotator cuff muscles.



What type of symptoms would I have? Common symptoms of a shoulder injury are pain and weakness. Common complaints include the inability to raise your arm or reach behind to get a wallet out of your back pocket or clasp a bra. Other symptoms may include inability to rotate your arm or brush your hair, etc. This injury often occurs to the dominant arm as it is utilized more.

How common are rotator cuff tears? In autopsy studies it has been recorded that tears are noticeable in 70 percent of individuals over the age of 80 and 30 percent under the age of 70.

What should I do if I think I have a shoulder injury? If you have symptoms of pain and weakness that last for more than 2 – 3 days and are interrupting your ability to sleep, perform daily activities, work, etc., it would be wise to contact your physician. You should also ask your physician to write a referral for physical therapy for treatment to help re-establish your range of motion and decrease pain. The longer you wait, the stiffer the shoulder may become and the more motion you may lose in the process.

Peninsula Rehab & Sports Medicine

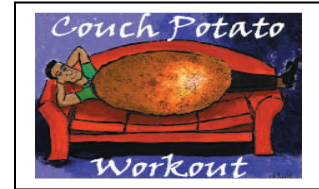
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(Next issue – Get Tuned up for Golf! and more.)

ARE YOU A COUCH POTATO WHEN WINTER ARRIVES???



Here are some tips to get you moving through the coming months! You barely have to leave the comfort of your couch to do these simple movements while you keep watching your favorite TV shows. Try any or all of them. But remember, safety first! Don't do these alone if you think you could have any trouble at all. Check with your doctor first, and listen to your body, work at your own pace and intensity.

- **March/run in place.** Move your arms and legs to get the most for your efforts. Stand, sit or lay down—yes, that's right, lay down.
- **Pushups.** On the floor, against a wall or the edge of a countertop.
- **Jumping jacks** – even little bitty ones.
- **Chair pushups.** In your chair, use your arms and legs to rise to standing position.

A few minutes a day of these simple exercises can help keep you from getting stiff and improve your balance. You will feel better and have that skip in your step that tells everyone you are ready for anything!

Peninsula Rehab & Sports Medicine is a state-of-the-art Physical Therapy facility specializing in:

- * Orthopaedic Rehab (joint replacement)
- * Sports Medicine
- * Industrial Rehabilitation
- * Ergonomics
- * Manual Therapy
- * The needs of the active retirement community

with the goal of getting you on the road to recovery and back to the activities you enjoy.



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