



ROTATOR CUFF ADVICE SHEET



WHAT IS A ROTATOR CUFF TENDONOPATHY?

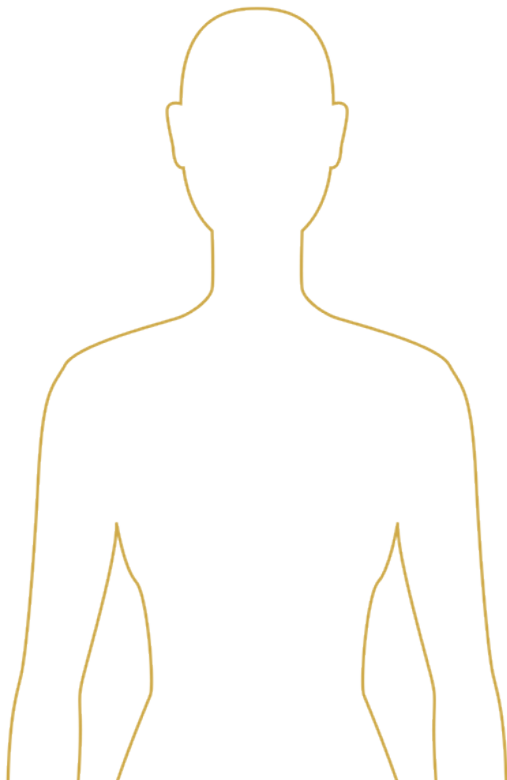
The rotator cuff complex is a group of 4 stabilising muscles which control the movement of the shoulder. This is a very common area for pain to arise, and is usually due to overhead activities and strenuous lifting. The stabilising muscles surrounding the shoulder become overloaded from these demands which then leads to pain.

SIGNS AND SYMPTOMS

- Pain over the front or side of the shoulder.
- Pain associated with getting dressed, brushing hair, reaching for seatbelt, lifting overhead.
- Dull ache which can be sharp with overhead or quick movements.

HOW PHYSIO CAN HELP YOU?

Injuries and irritations of the shoulder occur from repetitive movements. Your physio is able to help diagnose which portions of the rotator cuff are affected, and prescribe specific strengthening exercises to reduce pain and prevent injury.



- ✓ Voltaren/ deep heat gel rub.
- ✓ Review workplace ergonomics.

Do's

- ✗ Aggravating movements such as repetitive, overhead activities and strenuous lifting.
- ✗ Sleeping on the injured side.

Don'ts

Consult your physio for a personalised program to fit you

