



Fitness In Therapy

Wind up ROTATOR CUFF



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The rotator cuff is a group of four tendons that cover the shoulder joint and connect the rotator cuff muscles to the upper arm bone. As the name implies the rotator cuff “rotates” the arm. A torn rotator cuff tendon might occur from a direct blow or might occur slowly over time without a known injury. This happens because aging causes the tendon to weaken. In less active older adults, simple movements, such as lifting an object can cause a tear.

- A popping sound at the time of tear.
- Pain when moving arm against resistance.
- Swelling around the shoulder.

A physical exam and an MRI typically will diagnose a rotator cuff tear.

Rotator cuff injuries range between inflammation, partial tears, to complete tears. Complete tears require surgery for full recovery.

Treatment of a non-surgical cuff tear focuses on relieving pain and inflammation, restoring shoulder motion strength, flexibility, and function.

Treatment will vary depending on the exact location and severity of the tear and the persons age and health. Physical Therapy is often prescribed. A therapist may utilize ultrasound to improve blood flow to encourage healing, improve soft-tissue extensibility and relieve pain. Range of motion and specific strengthening exercises are critical. Patients are also instructed in home exercise programs.

This program is all reimbursable by insurance.

Email topics or questions to:

#1 In Physical Therapy

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