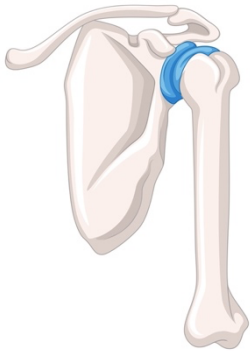


Dealing with Rotator Cuff Tear

TIPS FROM ORGANIZATIONAL SOLUTIONS

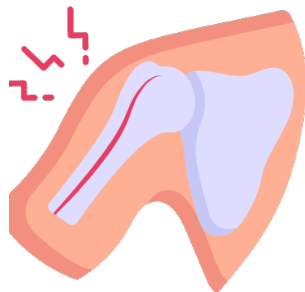
The right care, at the right time, for the right outcome.™



The rotator cuff is the group of four tendons and muscles that surround the shoulder joint. The rotator cuff is important in the lifting movements of the shoulder and provide stability and movement. You may notice pain at top of shoulder and arm that may descend down the outside of the arm to the elbow and weakness of the shoulder. You may have difficulty lifting your arm overhead, reaching, and carrying.

PREVENTION

Some of the best ways to prevent rotator cuff injuries include the following:



- Exercise and target both the small and large muscles of the shoulder to strengthen the rotator cuff.
- Keep good posture. Leaning forward with your head and shoulder can cause a shoulder blade problem and may lead to shoulder impingement syndrome.
- Practice low resistance exercise and introduce more repetitions to gradually strengthen the small muscles of the shoulder without the risk of injury. Keep movements slow and steady.
- Include arm raises to the side with external rotation and rest the shoulder before a workout routine.
- Frequent massage with hot and cold compresses will be able to help reduce inflammation.



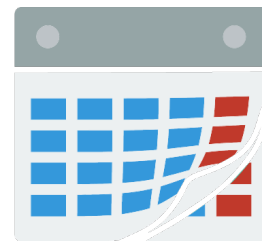
QUESTIONS TO ASK YOUR DOCTOR

Rest, Ice the shoulder and physiotherapy are sometimes all that is needed to recover from this injury. Ask about steroid injections or a nerve block into the shoulder joint

If the injury is more severe like a complete tear you may require surgical intervention and should be referred to an orthopaedic surgeon



TIMELINE TO RECOVERY



A partial tear of the rotator cuff can resolve in as little as 60 days.

A full tear in up to 75 days.

Rotator cuff surgery recovery timeline can vary case by case, but a full recovery typically takes **four to six months from surgical date**.



A ARM REACH

To do an arm reach, a person should do the following:

1. Lie flat on the back, extend the arms and legs, and engage the abdominal muscles.
2. Reach one arm toward the ceiling, lifting it until the shoulder blade comes off the floor.
3. Hold for 5 seconds.
4. Return arm to the floor.
5. Repeat on the other side.

B PENDULUM

1. Lean forward with one arm hanging freely. Use the other arm to brace against a chair for support.
2. Gently swing the hanging arm from side to side, forward and back, and in a circular motion.
3. Slowly return to a standing position.
4. Repeat on the other side.

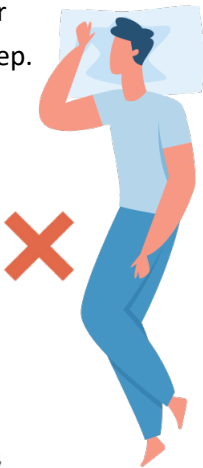
C LYING DOWN ARM ROTATION

1. Lie on the side of the body on a firm surface, holding a light weight in the upper hand.
2. Bend the top elbow to 90 degrees, keeping the upper arm against the side of the body and letting the weighted hand rest toward the floor in front of the body.
3. Keeping the elbow against the side of the body, rotate the arm at the shoulder, bringing the weight toward the ceiling.
4. Slowly lower the weighted arm back to the starting position.
5. Repeat on the other side of the body.
6. Place a small towel roll in the armpit while doing this exercise to reduce stress on the shoulder joint.

WHAT TO AVOID

STANDARD RESTRICTIONS AND RETURN

Avoid sleeping on your side with your arm stretched overhead. Try not to lie on your shoulder while you sleep.



Avoid activities with repetitive overhead arm action. Speak to your physical therapist about alternate motions that might be less risky.



No heavy lifting.



Avoid repeated outreaching of the arm
 Avoid work at or above shoulder height
 Avoid repeated forceful activities with the arm
 Avoid fast and repetitive tasks with the arm

