

Rotator Cuff Related Shoulder Pain

What is it?

The rotator cuff is a group of muscles that control the shoulder. This pain occurs when the tendons of these muscles are asked to do more work than they are currently strong enough to handle, causing them to become sensitive and irritated.

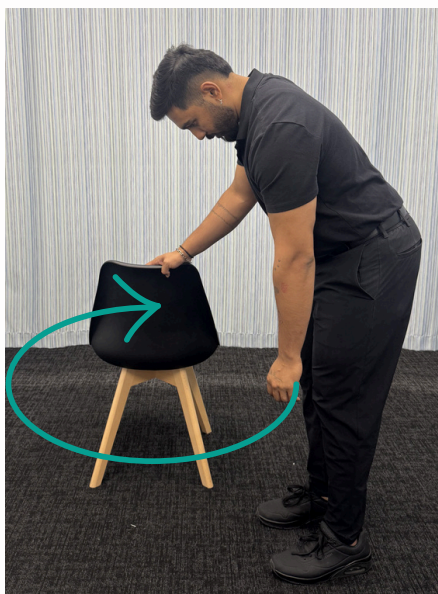
Often mislabelled as "bursitis." It is usually a capacity issue (tendon load > tendon capacity). Rest alone rarely fixes it; the tendon must be reloaded gradually.

Advice:

- **Avoid the "Pain Arc":** Try to keep elbow close to the body when lifting objects.
- **Sleeping:** Do not sleep on the sore shoulder. Use a pillow to prop the arm up if sleeping on the back.
- **Dressing:** Put the sore arm into the sleeve first when dressing, and take it out last when undressing.

Early Management Exercises:

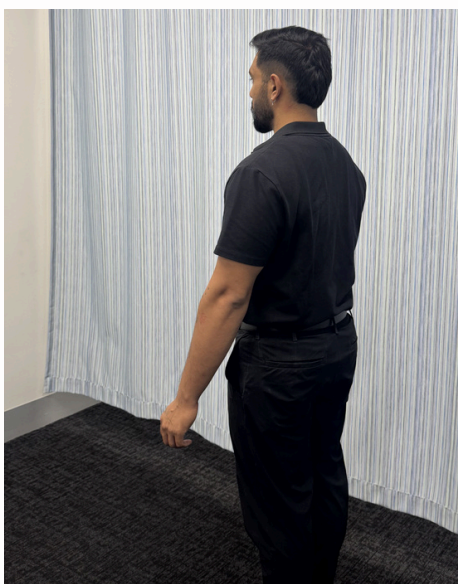
- **Pendulums:** Lean forward, let arm dangle completely loose. Swing gently in circles using body momentum.



- Isometric External Rotation: Stand near a wall, elbow at 90 degrees. Gently push the back of your hand into the wall (without moving). Hold 10s.



- Shoulder Shrugs: Gently shrug shoulders up and roll them back to relax neck tension.



Shoulder pain can be complex.

Book in today for a tailored strengthening program to restore your full range of motion and get you back to moving.