



Rotator Cuff Injury

The rotator cuff consists of muscles and tendons that hold the shoulder in place. It is one of the most important parts of the shoulder, it allows the person to lift the arms and reach upward.

Rotator cuff injuries are common and increase with age. These injuries may occur earlier in people who have jobs that require repeatedly performing overhead motions, such as painters and carpenters.

Symptoms:

- Recurrent pain, especially with certain activities
- Pain that prevents you from sleeping on your injured side
- Grating or cracking sounds when moving your arm
- Limited ability to move your arm
- Muscle weakness

Risk factors:

- The risk of a rotator cuff injury increases with age.
- Jobs that require repetitive overhead arm motions, such as carpentry or house painting, can damage the rotator cuff over time.
- Some types of rotator cuff injuries are more common in people who participate in sports like baseball, tennis and weight-lifting.
- There may be a genetic component involved with rotator cuff injuries as they appear to occur more commonly in certain families.



Treatment:

- Rest
- Nonsteroidal anti-inflammatory medicines
- Strengthening and stretching exercises
- Ultrasound therapy
- Corticosteroid injection
- Surgery (for severe injuries)

