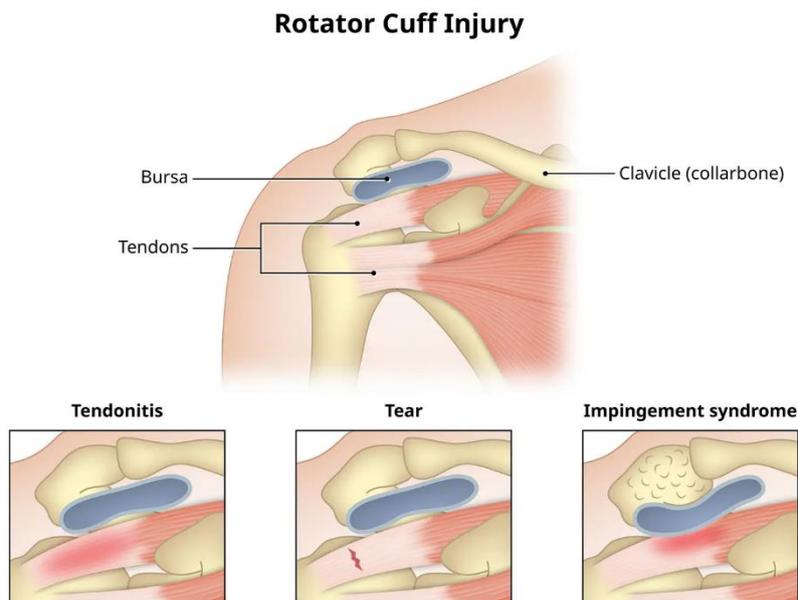


Rotator Cuff Tendinopathy / Tear



What is the Rotator Cuff?

The rotator cuff is a **group of four muscles and tendons** that surround the shoulder joint.

They help to:

- **Lift and rotate the arm**
- **Stabilize the shoulder joint**

Rotator cuff tendinopathy is inflammation or degeneration of these tendons.

A **rotator cuff tear** is when one of these tendons is partially or completely torn.

Causes

- **Overuse:** repetitive overhead activity (sports, work)

- **Age-related wear and tear**
 - **Injury or trauma:** fall on the shoulder or outstretched arm
 - **Poor posture or muscle imbalance**
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Symptoms

- Shoulder pain, especially when lifting or reaching overhead
 - Pain **at night**, sometimes disturbing sleep
 - Weakness in the shoulder or arm
 - Clicking, popping, or catching sensations
 - Difficulty performing daily activities such as **dressing or lifting objects**
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Diagnosis

- **Medical history** and physical examination
 - **Special shoulder tests** for tendon function and strength
 - **Imaging:** Ultrasound or MRI can show tendon damage
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Treatment

Most cases improve with **conservative management:**

1. Activity Modification

- Avoid activities that worsen pain
- Short breaks during repetitive overhead tasks

2. Pain Relief

- Ice packs: 10–15 minutes several times a day
- Painkillers or anti-inflammatory medication (as advised by your doctor)

3. Physiotherapy

- Stretching tight shoulder muscles
- Strengthening rotator cuff and scapular stabilizers
- Gradual return to activity

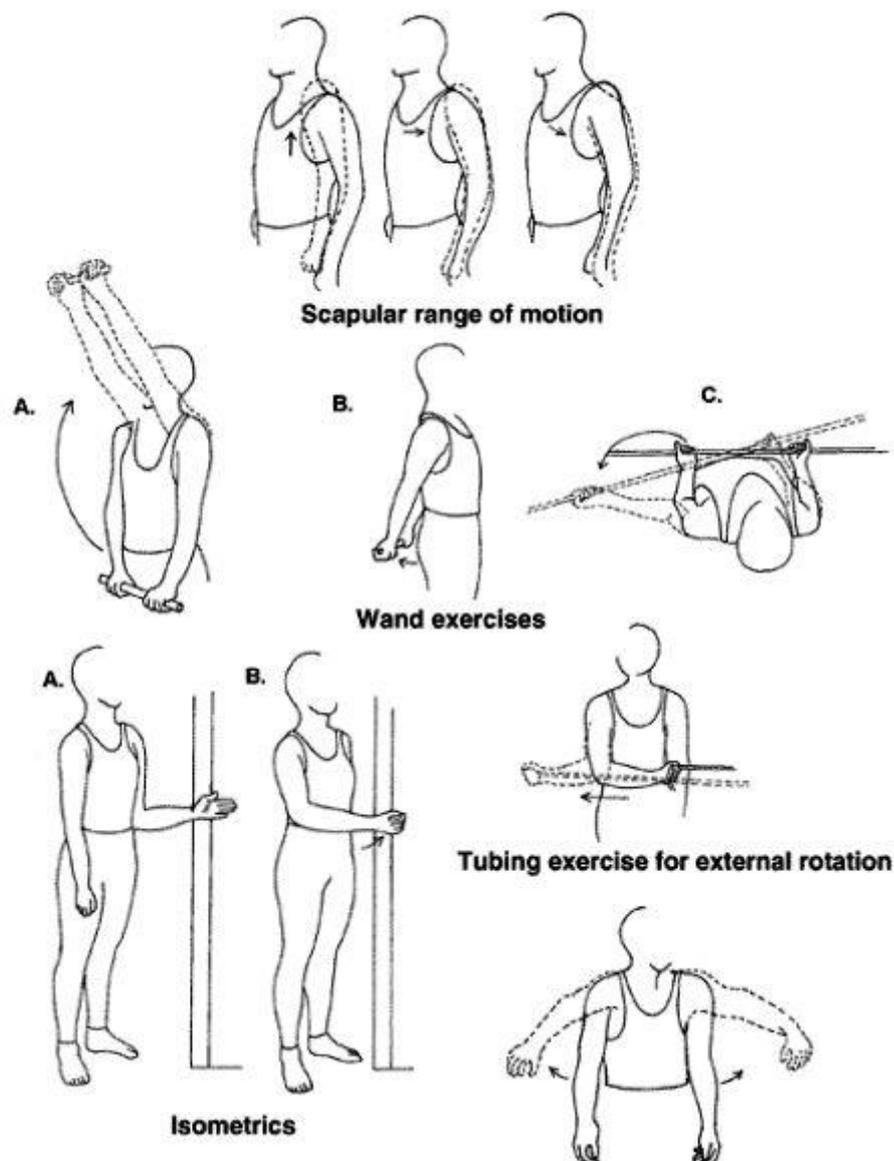
4. Injections

- Corticosteroid injections may be considered if pain persists

5. Surgery

- Indicated for **large tears** or if symptoms do not improve with conservative care
- Post-surgery **rehabilitation is essential** for regaining strength and function

Rotator Cuff Injury Exercises



Self-Management Tips

- Avoid **repetitive overhead lifting** during flare-ups
 - Maintain **good posture**
 - Apply **ice after activity** if sore
 - Perform **gentle shoulder exercises** recommended by your physiotherapist
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When to See Your Doctor

Seek advice if:

- Pain does not improve with rest and physiotherapy
 - Weakness affects daily activities
 - Shoulder **instability or frequent dislocations**
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Prognosis

- Many people improve with physiotherapy and activity modification
 - Recovery may take **weeks to months**
 - Surgery generally has good outcomes when indicated
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References:

- NHS: Rotator cuff injury
- British Journal of Sports Medicine: *Rotator cuff tendinopathy and tear guidelines*