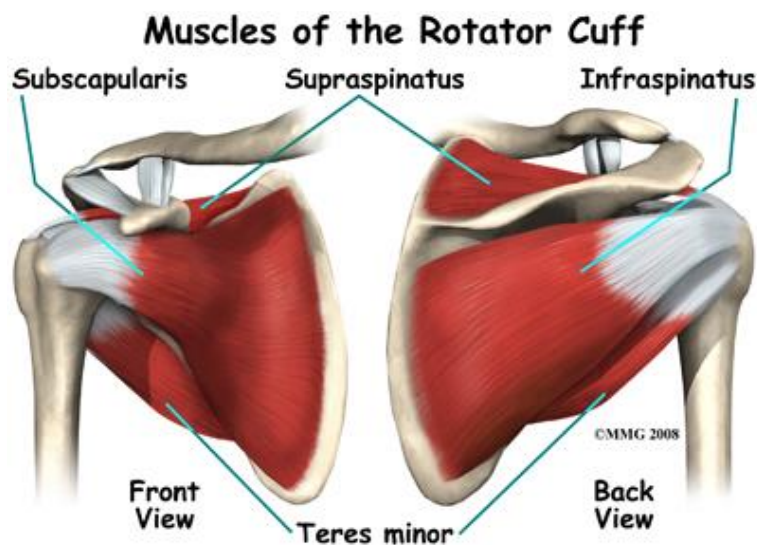


## ROTATOR CUFF TENDONITIS

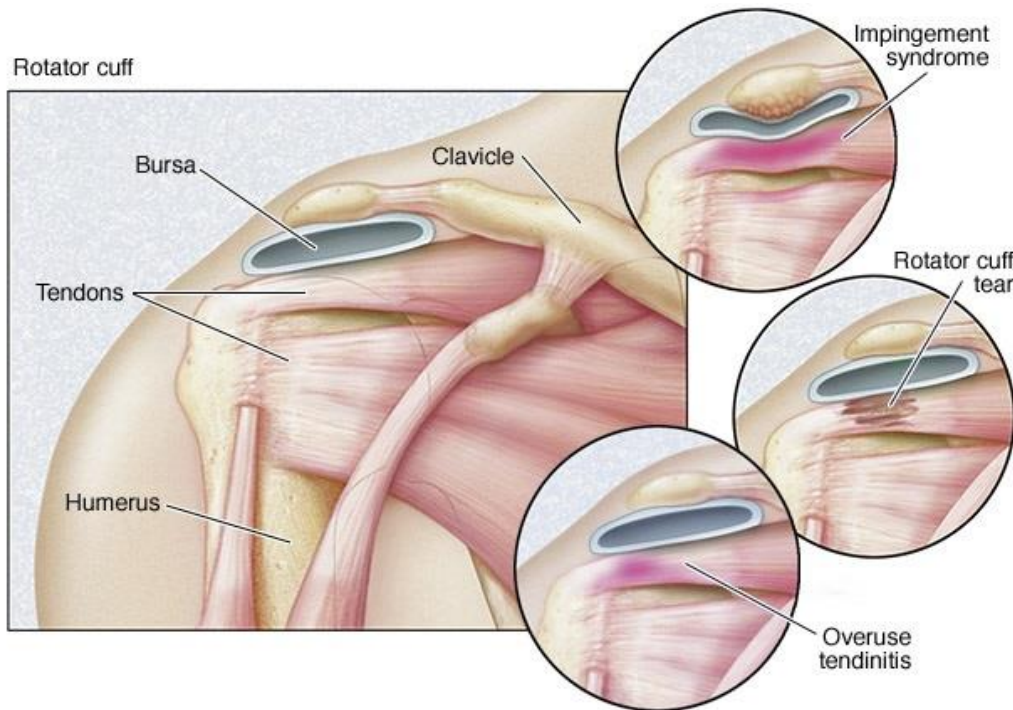
### **What is rotator cuff tendonitis?**

The rotator cuff is comprised of four muscles and tendons that surround the top of the upper arm bone (humerus) and functions to help rotate the arm and stabilize the shoulder joint (ball and socket joint). Each muscle works independently. The most important and most vulnerable component of the rotator cuff is the supraspinatus tendon, which is essential for lifting the arm. The infraspinatus and teres minor rotate the arm outward, while the subscapularis rotates the arm inward.



### **How did I get a rotator cuff tendonitis?**

Tendons in the rotator cuff can be injured easily because they move within a tight space between the humeral head (ball of the shoulder joint) and the acromion above the rotator cuff. When you move your shoulder the rotator cuff tendons in this tight space are moved, too. The rotator cuff tendons can rub against a bone structure (the acromion) above them or against a ligament at the front of the shoulder. This friction is known as impingement syndrome and causes inflammation in the rotator cuff. Rotator cuff tendonitis can be caused by repetitive overhead reaching, pushing, or lifting with outstretched arms. Athletes who perform frequent overhead motions, such as swimming, tennis, throwing, golf, weightlifting, volleyball, and gymnastics, are also at risk.



## How is it diagnosed?

Dr. Comfort will take a careful history and perform a physical examination of your shoulder checking your strength and range of motion. X-rays may be taken to see any problems with the bones or alignment. Based on the results, an individualized treatment plan will be designed for you.

## How is rotator cuff tendonitis treated?

Conservative treatment is usually highly effective and may involve a combination of modalities including:

1. Rest. If the tendonitis due in part to overuse, resting the shoulder may help.
2. Physical therapy to restore flexibility and strengthen the shoulder muscles.
3. Nonsteroidal anti-inflammatory medications may help control pain.
4. Cortisone injection can help reduce pain and restore function as you heal.

