



ROTATOR CUFF INJURY

*Understand your injury.
Know your next steps.*

Anatomy of the Rotator Cuff

The rotator cuff is composed of four muscles and tendons that originate on the scapula (shoulder blade) and attach to the humerus (upper arm bone). They move and stabilize the shoulder as it travels through various ranges of motion. The rotator cuff performs two main functions: primarily initiating movement of the shoulder when the arm is moved away from the body, secondarily pulling the humerus and scapula together, keeping them in close contact as the shoulder moves.

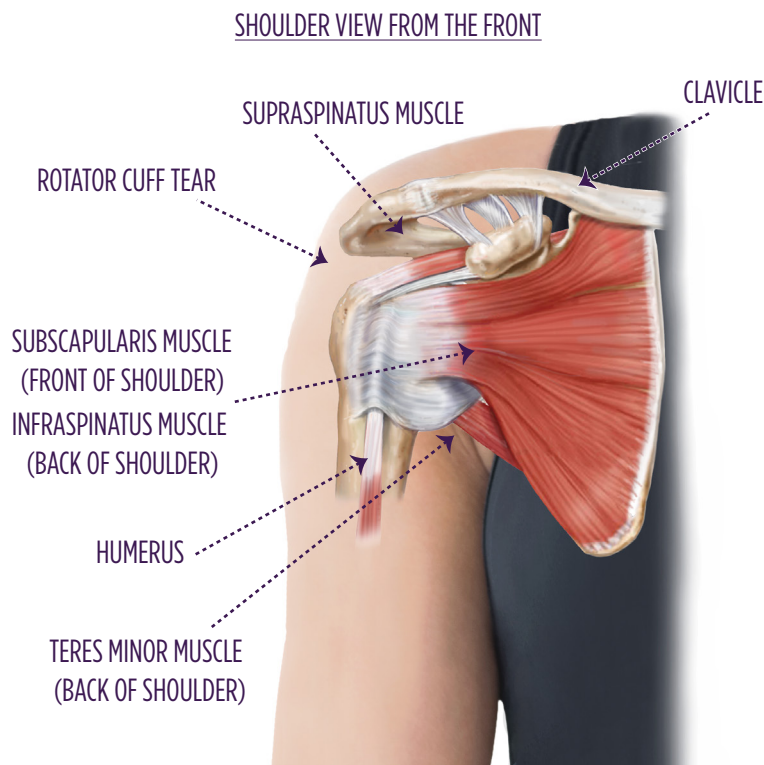
The four muscles of the rotator cuff are the subscapularis, supraspinatus, infraspinatus and teres minor. The most commonly injured rotator cuff muscle is the supraspinatus.

What are the symptoms?

- >> Pain in the shoulder and during the night
- >> Painful clicking and/or popping
- >> Pain and/or weakness with certain movements
- >> Possibly pain that radiates into the upper arm
- >> Inability to rotate the arm & hand behind the back

How does my specialist diagnose it?

A discussion of your symptoms, a physical examination, and X-rays are useful for a diagnosis. Your specialist may recommend having an MRI or CT scan as well.



For expert advice on how to stay healthy and active, visit summitortho.com.



APPOINTMENTS (651) 968-5201

ROTATOR CUFF INJURY

*Understand your injury.
Know your next steps.*

What are the treatment options? What does my specialist recommend?

Your shoulder specialist has developed a treatment plan based on your specific situation. His or her recommendation, for you, has been selected from the treatment options below.

	TREATMENT	DESCRIPTION	MY NEXT STEP
<input type="checkbox"/>	ANTI-INFLAMMATORY MEDICATION	Over the counter medications such as Aleve, Advil, Motrin, and aspirin can be used to help reduce swelling and pain.	Pick up medication, and start regularly taking it as your doctor recommends
<input type="checkbox"/>	WELLNESS	Start with a free wellness consult to explore your goals and what tools are available to you.	Set up a wellness consultation: (651) 968-5766
<input type="checkbox"/>	INTEGRATED PHYSICAL THERAPY AND WELLNESS	Our team of physical therapists, performance specialists, and registered dietitians works collaboratively with you in designing an integrated rehabilitation plan that will help you reach your full potential.	Set up an integrated consultation: (651) 968-5766
<input type="checkbox"/>	PHYSICAL THERAPY	A therapist can work with you to first control your pain and inflammation. They then will help you regain your strength and range of motion.	Set up a physical therapy appointment (651) 968-5600
<input type="checkbox"/>	INJECTIONS	A cost effective alternative to surgery. A medication is injected directly into the joint in the specialist's office.	Set up injection appointment: (651) 968-5201
<input type="checkbox"/>	SURGERY	If you fail to improve after non-surgical care, your specialist may wish to intervene surgically. Your surgeon can discuss the details of the surgery with you should it become necessary.	Set up surgery appointment: (651) 968-5201

NOTES

For expert advice on how to stay healthy and active, visit summitortho.com.



APPOINTMENTS (651) 968-5201