

GOAL POST

Rotator Cuff Tendonitis: PART 2

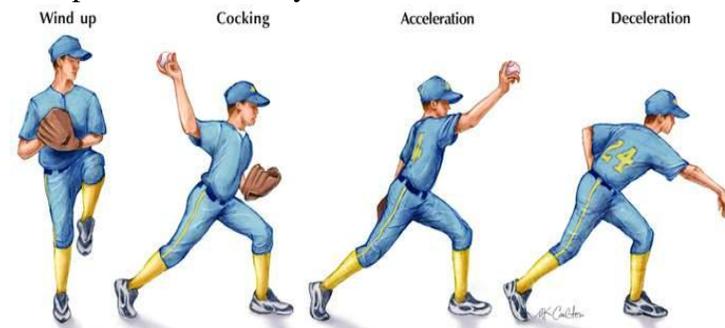
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From **Part 1** of this article, recall our swimming and throwing athletes who started having pain in their shoulders with the repetitive motions involved in their respective sports.

Why is rotator cuff tendonitis an injury common in throwers and swimmers? In addition to factors that contribute to rotator cuff tendonitis in the general population, these athletes experience unique risk factors.

Factors that put throwing athletes at increased risk:

- The imbalance between the need for increased shoulder range of motion and the shoulder stability needed to prevent injury
- Improper throwing techniques (for example, isolating the throw to the shoulder rather than “getting your body behind it”)
- High repetitions
- Poor rotator cuff strengthening and scapular stabilization programs. Not only do the muscles need to be strong, but they need a stable base to attach to so that the shoulder can function in an optimal and healthy manner.



Treatment for Rotator Cuff Tendonitis

Initially, treatment for tendonitis consists of ice and relative rest (i.e. decreasing workload, but not necessarily stopping throwing, depending on the severity of the condition) in order to decrease pain and inflammation. In addition, maintaining and regaining shoulder and shoulder blade mobility is important.

Ultimately, rotator cuff tendonitis can usually be successfully treated by correcting the biomechanical factors mentioned in Part 1. Stretching and strengthening to encourage proper muscle balance (strength and flexibility) is necessary to help stabilize the shoulder joint and decrease the risk of re-injury. A physiotherapist may be very helpful in accomplishing these corrections. A technique called active release therapy (ART) has been proven clinically useful in treating shoulder joint tightness. Occasionally, anti-inflammatory medication and/or cortisone injections are needed to settle down the inflammation. Pain that lasts for more than a few weeks should be assessed by a physician.

Treatment for rotator cuff tendonitis is generally conservative (ie. physiotherapy, athletic therapy and chiropractic care) with a proper plan for graduated return to full sports participation. In severe or ongoing cases, the inflammation can cause the deterioration of the tendon and eventually partial tearing which may require surgery. Intervention is needed to prevent this. When pain occurs, the healing process should be monitored by a health care professional to ensure proper healing occurs and the person is safely returned to sport or activity without this added complication. (*cont'd page 2*)

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Prevention of Rotator Cuff Tendonitis

As mentioned, preventing the initial injury or re-injury of the rotator cuff can be accomplished with proper muscle balance, stability, and mechanics. Many strengthening programs do not properly address these issues. Therefore, a consultation with a sports-focused rehabilitation professional (physiotherapist, chiropractor, or athletic therapist) is recommended for high risk athletes, in addition to working with knowledgeable coaches to develop proper technique (guest coaches with high level certification and skills camps are great places to access these individuals). Proper off-season shoulder conditioning exercises and whole body conditioning, as well as targeted stretching programs, good warm-up and cool-down with practice and games, and avoiding overuse when the arm and shoulder are fatigued, can go a long way in preventing these and other injuries.

Let's Get 'HUMERUS'

A rookie pitcher was struggling at the mound, so the catcher walked out to have a talk with him.

"I've figured out your problem," he told the pitcher. "You always lose control at the same point in every game."

"When is that?"

"Right after the national anthem."

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Post Graduate

- > Level 1 Manual Therapy
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- > Manual Therapy
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Tips & Tricks

Stay Hydrated

Staying hydrated throughout your workouts is essential for optimal performance. In a typical day it is recommended that you consume between 9 to 12 cups of fluids (approx. 2.5 liters). This includes water, milk, and 100% fruit juice. Water is best for hydration. On days that are hot and humid, or if you will be exercising, the recommendations increase. In addition to the 2.5 liters per day you should also be drinking roughly 125-250 mL every 15 minutes of exercise. The amount of fluids you need during exercise is dependent on several factors, including how much you sweat, therefore, it may be helpful to weigh yourself pre and post exercise and rehydrate by drinking 500 mls for every pound lost during exercise.

**YESTERDAY'S HOME RUNS
DON'T WIN TODAY'S GAMES**



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