



Rotator Cuff Tear? Think PT First!

A. Shoulder Anatomy

1. The shoulder joint complex consists of ____ (#) joints.
2. The majority of painful shoulder issues occur at the _____ joint.
3. The _____ is made up of 4 muscles that begin on the scapula and attach to the humerus.

B. Rotator Cuff Tears

1. _____ muscle is most commonly affected.
2. May be caused by excessive _____ movement, ligamentous _____, _____ imbalances.

C. Shoulder Impingement Syndrome

1. Impingement of soft tissues between the _____ and _____.
2. Commonly caused by repeated over _____ movement of the arm.
3. If the _____ fails to work normally, the head of the _____ rides up, squashing the bursa or tendons due to _____.

D. Symptoms of Rotator Cuff Pathology

1. An _____ of pain with overhead movement.
2. Pain when _____ on the sore shoulder.
3. Muscle _____ or _____ when reaching overhead.

E. Successful Treatment of Impingement and Rotator Cuff Pathology

1. Address static and dynamic _____, muscle _____, and _____.
2. Protect shoulder and manage inflammation.
3. Regain full shoulder _____.
4. Restore _____ control and scapulo-humeral _____.
5. Restore normal cervical-scapulo-thoracic function and posture.
6. Restore strength of the rotator cuff.
7. Return to _____ or _____.