



ADVANCED PHYSICAL THERAPY & HEALTH SERVICES, LLC

is a private, physical therapist-owned outpatient physical therapy clinic specializing in neurologic, orthopedic, and vestibular conditions.

All patients are evaluated by a licensed physical therapist.

We guarantee to see you for an initial evaluation in 24-48 hours.

We have early morning and late evening hours for convenient scheduling.

We accept and are in-network with most insurance companies, including PPO's, HMO's, Medicare, Tricare, and Workers' Compensation.

Conditions we evaluate and treat include, but are not limited to:

- Neck & back injuries/pain
- Arthritis
- Vertigo
- Sprains/Strains
- Parkinson's Disease
- Fractures
- Multiple Sclerosis
- Tendonitis
- Gait & balance disorders
- Bursitis
- Peripheral neuropathy
- Stroke
- Sports injuries
- Carpal Tunnel Syndrome
- Work-related injuries
- TMJ disorder/pain
- Nerve injuries / disorders
- Joint replacements
- Cervicogenic headaches
- Orthopedic surgeries



ADVANCED PHYSICAL THERAPY & HEALTH SERVICES, LLC

This brochure is compliments of:

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Rotator Cuff Injuries



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Rotator Cuff Injuries

The rotator cuff is made up of 4 muscles and their tendons in the shoulder:

- Supraspinatus
- Infraspinatus
- Teres minor
- Subscapularis



These muscles work together to keep the shoulder stable in its joint when you raise your arm overhead, in front of you, or behind your head or back.

When one or more of the muscles of the rotator cuff are injured, the rotator cuff is unable to properly stabilize the shoulder, and could result in pain, as well as limitations in range of motion and strength.

The rehabilitation and outcome of a rotator cuff injury is dependent on the extent of the injury, whether there is a muscle strain, tendonitis, bursitis, impingement, and/or tear/partial tear of a muscle.



Causes of rotator cuff injury can include:

- Degeneration / normal wear-and-tear
- Excessive overhead movements
- Repetitive stress/motions/trauma
- Poor posture or postural abnormalities that can pinch structures of the rotator cuff (causing an impingement syndrome)
- A fall or powerful resistive force
- Tendinitis, which can decrease the integrity of the tendons



Symptoms may include:

- Pain, especially with lifting, reaching overhead or out to the side, or bringing your arm behind your back
- Weakness
- Decreased range of motion (especially out to the side or difficulty reaching above shoulder height)
- Point tenderness
- Aching
- Tendency to want to keep the arm inactive

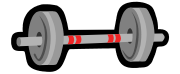
Examination:

You may undergo a physical examination to assess strength and range of motion. Your physician may also request an MRI, X-ray, or Ultrasound scan.

Treatment:

For a recent injury to the rotator cuff, rest, ice, and an anti-inflammatory medication is usually recommended.

You may keep your arm in a sling initially, but movement is recommended as to prevent a frozen shoulder (stiffness and pain due to lack of movement).



For chronic pain, treatment options include physical therapy to strengthen and stretch the area, pain control, and/or steroid injections, if appropriate.



Surgery is indicated to repair large tears or for bone spur removal.

You can prevent rotator cuff injury/pain by performing shoulder strengthening and range of motion exercises, resting appropriately at work or in situations where repetitive or abnormal stresses are placed on the shoulder, and using cold or heat for stiffness or pain to relieve symptoms.

Your physical therapist can develop an appropriate exercise program for your condition.

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