

# Rotator Cuff Injury Explained: Rotator Cuff Tear and Bursitis

The rotator cuff is a group of four muscles that surround the shoulder joint. These muscles help to rotate and lift the arm, and they also provide stability to the shoulder. Rotator cuff injuries are common, especially among athletes and people who perform repetitive overhead motions. The most common types of rotator cuff injuries are tears and bursitis.

## Rotator Cuff Tear

A rotator cuff tear is a partial or complete tear of one or more of the rotator cuff muscles. Tears can occur due to sudden trauma, such as a fall or a direct blow to the shoulder. They can also develop gradually over time due to overuse or repetitive motions. Rotator cuff tears are more common in older adults, as the tendons that make up the rotator cuff become weaker with age.



**Rotator Cuff Injury Explained. Including Rotator Cuff Tear, Rotator Cuff Bursitis, Rotator Cuff Tendinitis. Symptoms, Exercises, Stretches, Repair, Recovery, Aids, Treatments all covered.** by Robert Rymore

★★★★☆ 4.3 out of 5

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## Symptoms of a Rotator Cuff Tear

- Pain in the shoulder, especially when lifting or rotating the arm
- Weakness in the arm
- Difficulty performing overhead activities
- Catching or grinding sensation in the shoulder
- Swelling and bruising around the shoulder

## Diagnosis of a Rotator Cuff Tear

To diagnose a rotator cuff tear, your doctor will perform a physical examination and ask about your symptoms. Your doctor may also Free Download imaging tests, such as an X-ray or MRI, to confirm the diagnosis.

## Treatment of a Rotator Cuff Tear

Treatment for a rotator cuff tear depends on the severity of the tear. Nonsurgical treatment options include rest, ice, physical therapy, and injections of corticosteroids. If nonsurgical treatment does not relieve your symptoms, surgery may be necessary to repair the torn tendon.

## Rotator Cuff Bursitis

Rotator cuff bursitis is an inflammation of the bursa, a fluid-filled sac that cushions the rotator cuff muscles. Bursitis can be caused by overuse, repetitive motions, or trauma to the shoulder. Rotator cuff bursitis is more common in middle-aged adults and people who perform overhead activities.

## **Symptoms of Rotator Cuff Bursitis**

- Pain in the shoulder, especially when lifting or rotating the arm
- Swelling and tenderness around the shoulder
- Stiffness in the shoulder
- Catching or grinding sensation in the shoulder

## **Diagnosis of Rotator Cuff Bursitis**

To diagnose rotator cuff bursitis, your doctor will perform a physical examination and ask about your symptoms. Your doctor may also Free Download imaging tests, such as an X-ray or MRI, to confirm the diagnosis.

## **Treatment of Rotator Cuff Bursitis**

Treatment for rotator cuff bursitis includes rest, ice, physical therapy, and injections of corticosteroids. If nonsurgical treatment does not relieve your symptoms, surgery may be necessary to remove the inflamed bursa.

## **Prevention of Rotator Cuff Injuries**

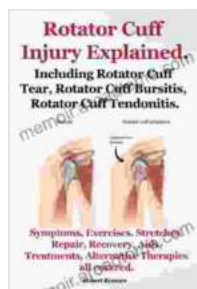
There are a number of things you can do to prevent rotator cuff injuries, including:

- Warm up before exercising or performing overhead activities.
- Strengthen the muscles around your shoulder with regular exercise.
- Use proper technique when lifting weights or performing overhead activities.
- Avoid overuse and repetitive motions.

- Get regular physical exams to check for early signs of rotator cuff injuries.

Rotator cuff injuries are common, but they can be prevented and treated. If you experience shoulder pain, especially when lifting or rotating your arm, see your doctor to rule out a rotator cuff injury.

With proper treatment, most rotator cuff injuries can be healed and you can regain full use of your shoulder.



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