

Rotator Cuff Tendinitis (Pitcher's Shoulder)

What is it?

Irritation and inflammation of the tendons of the shoulder in the area underlying the acromion.

What causes it?

Repetitive overhead arm movements. Irritation of the bursa of the rotator cuff. Pre-existing disposition including anatomical irregularity

Symptoms

Weakness or pain with overhead activities eg brushing hair, reaching, tennis, swimming, volleyball and weightlifting

Top Tips

Rest and ice as soon as possible. Refrain from activities which cause irritation.

How to Treat it

Ice and anti-inflammatories. Discontinue activity causing pain. Then heat to promote blood flow and healing



Rehab

Following rest and healing, physical therapy to strengthen muscles of the rotator cuff. Occasionally steroid injections may be required to reduce pain and inflammation. Moderation of rotator cuff use.

Definitions

Rotator Cuff - term given to a group of muscles, tendons and ligaments which surround and support the shoulder joint

Tendinitis - inflammation of a tendon

Tendon - flexible, inelastic connective tissue attaching muscle to bone

Bursae/Bursal Sac - fluid filled sac found alongside joints to assist with lubrication and absorbing shock

Steroid Injection - anti-inflammatories often used to treat painful joints and sciatic pain

Associated Conditions

- Shoulder Subluxation
- Acromioclavicular Separation
- Sternoclavicular Separation
- Biceps Brachii Tendon Rupture
- Biceps Brachii, Chest Strain
- Impingement Syndrome
- Shoulder Bursitis
- Bicipital Tendinitis
- Pectoral Muscle Insertion Inflammation
- Frozen Shoulder (Adhesive Capsulitis)

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References: The Anatomy of Sports Injuries by Brad Walker, Anatomy & Physiology by Louise Tucker and Google.com