NONSURGICAL ORTHOPEDICS — KEY WEST CONCIERGE ORTHOPEDICS

Rotator Cuff Injuries

Diagnosis Explanation:

A **rotator cuff injury** involves **strain, tear, or inflammation** of the four muscles and tendons that stabilize the **shoulder joint**. These injuries are often caused by **repetitive overhead movements, trauma, or age-related wear**.

Types of Rotator Cuff Injuries:

- **Tendonitis** - Inflammation from overuse or repetitive motions.
- **Partial Tear** - Some fibers of the tendon are torn but not completely detached.
- **Full-Thickness Tear** - The tendon is completely torn from the bone, leading to weakness and dysfunction.

Symptoms:

- **Shoulder pain and weakness**, especially with overhead motions.
- **Clicking, popping, or grinding** in the shoulder.
- **Pain at night** or when lying on the affected shoulder.
- **Limited range of motion**, particularly lifting the arm.

Specific Work Modifications:

- **If your job requires standing or walking:** Avoid **reaching overhead**, take **breaks to rest the arm**, and use **a shoulder brace if needed**.
- **If your job involves lifting:** Avoid **heavy lifting, overhead reaching, and repetitive shoulder motions**. Use **both hands when possible**.
- **If your job is desk-based:** Keep **shoulders relaxed**, adjust the **monitor to eye level**, and take **breaks every 30 minutes** to move the arm.
- **Avoid:** Overhead work, repetitive shoulder use, and carrying heavy loads.

Specific Activity Modifications:

- **If you play sports:** Avoid **throwing, swimming strokes, and repetitive overhead movements** until cleared for return.
- **If you do weightlifting:** Avoid **bench presses, pull-ups, dips, and overhead presses**; instead, focus on **controlled, pain-free movements**.
- **If you do yoga or Pilates:** Modify poses to **avoid excessive shoulder stretching, deep rotation, or weight-bearing on the arms**.
- **Avoid:** Contact sports, repetitive overhead motions, and exercises that cause shoulder discomfort.

Recommended Supplements:

- **Collagen Peptides** - 10g daily for tendon and joint repair.
- **Vitamin C** - 500mg daily to support collagen synthesis.
- **Glucosamine & Chondroitin** - 1500mg/1200mg daily for joint health.
- **Omega-3 Fatty Acids** - 1000mg daily to reduce inflammation.
- **Turmeric (Curcumin)** - 500-1000mg daily for pain relief.

Recommended Nutrition and Hydration:

- **Increase Lean Protein** (chicken, fish, tofu, eggs) to support tendon repair.
- **Eat Anti-Inflammatory Foods** (berries, leafy greens, turmeric, nuts) to reduce swelling.
- **Consume Hydrating Foods** (cucumber, watermelon, citrus) to maintain tendon flexibility.
- **Limit Processed Foods & Sugars** to prevent inflammation.
- **Hydration:** Drink **8-10 cups of water daily** to support tendon recovery.

Home Exercise Prescription (Rehabilitation for Rotator Cuff Injuries)

Early Phase (0-2 Weeks, Reducing Pain & Protecting the Joint):

- **RICE Protocol** - Rest, Ice (15-20 min, 3x/day), Compression, Elevation.
- **Pendulum Exercises** - Lean forward, let the arm hang, gently swing in small circles, **10 reps, 2x/day**.
- **Scapular Retractions** - Squeeze shoulder blades together, hold **5 seconds**, repeat **10 reps, 2x/day**.
- **Isometric Shoulder Holds** - Press palm against a wall without moving the shoulder, hold **5 seconds**, repeat **10 reps, 2x/day**.

Strengthening Phase (2-6 Weeks, Improving Stability & Mobility):

- **External Rotation with Resistance Band** - Keep elbow at **90 degrees**, rotate forearm outward, **10 reps, 2x/day**.
- **Wall Slides (Forward & Lateral)** - Stand facing a wall, slide affected arm up and down, **10 reps, 2x/day**.
- **Bicep Curls (Light Resistance)** - Controlled motion, **10 reps, 2x/day**.

Advanced Phase (6+ Weeks, Restoring Strength & Preventing Recurrence):

- **Lateral Arm Raises (Light Resistance)** - Raise arms to shoulder height, **10 reps, 2x/day**.
- **Scapular Stability Exercises (Resistance Band Rows)** - Pull resistance band toward chest, **10 reps, 2x/day**.
- **Modified Push-Ups (Wall or Knees)** - Maintain control, **10 reps, 2x/day**.

Helpful Books:

1. *The Shoulder Pain Solution: Simple Exercises to Prevent and Recover from Injury* - John M. Kirsch, MD.
2. *Overcoming Shoulder Pain: A Guide to Rehabilitation and Recovery* - Peter T. J. Barrett.

Contact Key West Concierge Orthopedics to reach out to Dr. Jason Pirozzolo or schedule a Concierge Care without the Concierge Fee™ appointment. Check out Nonsurgicalorthopedics.com and TopOrthoDocs.com to continue your research.