



# Advanced Spinal Care & Rehabilitation

✦ Physical Medicine ✦ Chiropractic ✦ Massage Therapy ✦ Physical Therapy ✦  
*We have it all under one roof!!*

## Condition of the Week – Rotator Cuff Tendinitis



The rotator cuff is a set of four muscles (Supraspinatus, Infraspinatus, Subscapularis, and Teres Minor) that lie over the humeral head in the shoulder that help provide shoulder stability. These muscles can become inflamed and produce shoulder pain. The pain tends to:

- Generally be worse at night or right after activity
- Worsen with shoulder motion
- Be more common in athletes who throw a lot
- Be more common in individuals over 50

If the pain is severe, it can be difficult to distinguish between rotator cuff tendinitis and a cervical radiculopathy. Tendinitis may be associated with a rotator cuff tear, which can be diagnosed with either an MRI scan or an arthrogram of the shoulder.

## Chiropractic Can Help!

Conservative treatment may be provided to decrease pain and inflammation, improve muscular coordination, identify and correct underlying causes and finally to strengthen the rotator cuff. If a tear is present, surgery may be necessary to repair the torn muscle/tendon. In many cases, there may be bursa involvement (subacromial bursa) which can cause bursitis. There may also be underlying issues in the cervical and thoracic spine (neck and upper back) which need to be identified and corrected.

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**So what are you waiting for? Call today!**

**A Pain-Free Life Could Be a Phone Call Away!**

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