



PHYSIOFIT NEWSLETTER

OUR LOCATIONS: Editorial

**3 Mubo Cres,
Wattle Grove
Ph: 9731 0666
F: 9731 0622**

**Cnr Kurrajong &
Cowpasture Rd,
Horningsea Park
Ph: 9608 2336
F: 9825 9592**

**1 Stockton Ave,
Moorebank
Ph: 9822 5751
F: 9600 6948**

It's been a busy month at the clinic this October. We congratulate our Physios Anthony Violantzis for successfully instructing his first ANF course, we would also like to congratulate one of our Massage Therapists Kathy Bachen who took part in this course and has completed the level 1 & 2 ANF course.



Also, in October Gillian Schultz and Ruth Nitto flew down to Hobart to attend the Australian Physiotherapy Association (APA) Conference, soaking in new ideas and stories of success in the physiotherapy industry.

In this newsletter we will be looking at Rotator Cuff Tendinopathy. Is your shoulder sore? Learn how to make the pain a thing of the past.

You don't need to put up with the:

- Pain from lifting above your head
- Reduced shoulder strength

It all comes down to:

- proper assessment
- accurate diagnosis
- targeted treatment.

OUR SERVICES:
Physiotherapy

Hydrotherapy

Home Visits

Remedial Massage

If you suffer regular shoulder pain, we can help.



With best wishes,
Ruth Nitto
Practice Manager

Do you have any exercises you would like us to feature?





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Condition of the month: Rotator Cuff Tendinopathy

What is the rotator cuff?



The rotator cuff is a group of 4 muscles and their tendons around the shoulder that provide strength and stability during shoulder movements. There are 3 muscles at the back of the scapula (shoulder blade) and 1 muscle on the inside of the scapula and they are all attached to the humerus (upper arm bone) and create a cuff at the shoulder joint.

What is rotator cuff tendinopathy?

Rotator cuff tendinopathy refers to pain and weakness, most commonly experienced with movements of the shoulder with rotation and elevation, usually as a consequence of excessive load being placed on the rotator cuff tissues. However, rotator cuff tendinopathy is a multifactorial experience and can be attributed to several intrinsic and extrinsic factors.

Risk factors

- Constant heavy work without rest
- Repetitive arm movements for long durations without rest
- Working with arms elevated above shoulder height
- Lack of rest
- Weakness of the rotator cuff muscles



Common symptoms

- Pain with elevation of the shoulder
- Inability or discomfort in lifting the arms above the head, lifting weights or lying on the affected side of the shoulder
- Pain may radiate from the arm down to the elbow
- Pain with sudden shoulder movements
- Reduced shoulder strength



3 facts on rotator cuff tendinopathy

- Rotator cuff tendinopathy is the most common reason for shoulder pain!
- The supraspinatus tendon is most commonly affected, however it is the other rotator cuff or scapula muscles letting the shoulder down which causes the supraspinatus to be excessively loaded
- Exercise can help AND hurt your shoulder – you need to find the right load and build yourself up and we as physiotherapists can manage your loading



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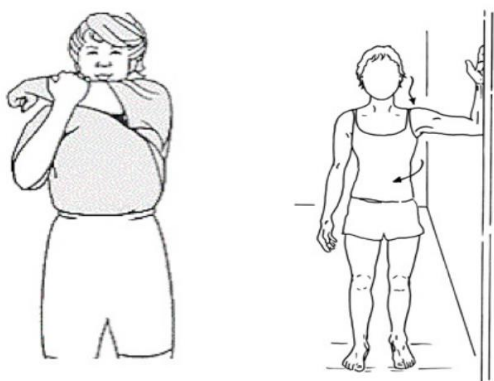
How can Physiotherapy help?

- As physiotherapists we assess WHY the problem has started and can identify the factors which have led to the development of shoulder pain.
- Once we have identified these factors we can develop an intervention plan to address them

Do this during an ad break!

This month's exercise is to stretch and strengthen the shoulder. For this exercise you will need a Thera-Band which can be bought from our clinic for only \$5.00

Using a Thera-Band gently pull in the direction as shown. Ensure all movements are controlled. Repeat 10 times, 3 sets



Start in the position as shown and gently pull your arm behind you feeling for the stretch on the back of your shoulder. Hold the stretch for 30 seconds. Repeat 3 times on each side

Lock your arm into the doorway as shown. Gently turn your body away from the arm feeling the stretch in your pecs. Hold the stretch for 30 seconds. Repeat 3 times on each side.



:PhysioFit SWS



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