

ROTATOR CUFF SPRAIN

WHAT HAPPENED?

TREATMENTS

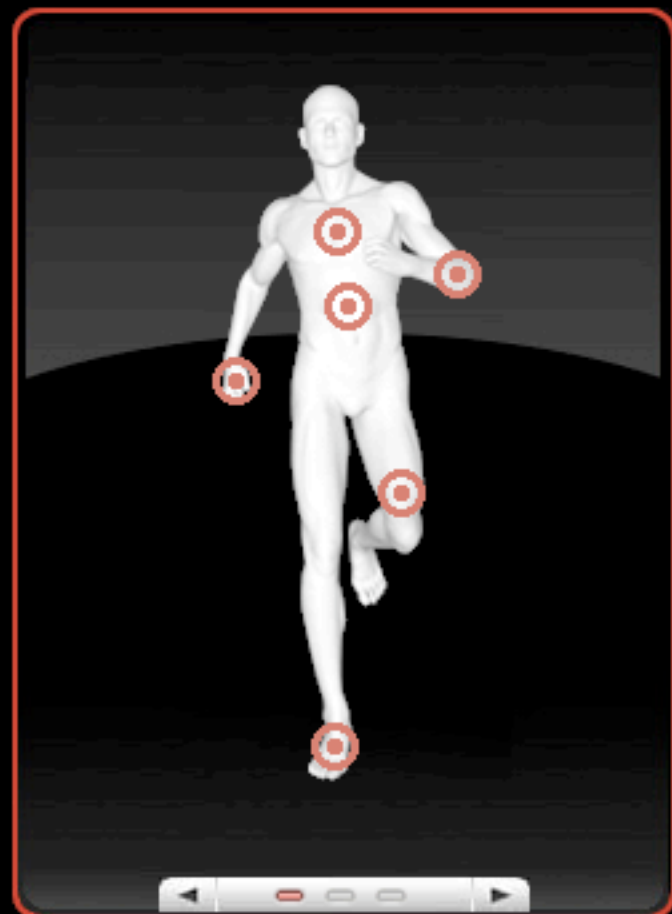
PREVENTION

WHAT HAPPENED?

Four muscles (the supraspinatus, infraspinatus, subscapularis, and teres minor) form the cuff, which means your injury is harder to pinpoint because it has more places to hideout. Brian Cole, M.D., team physician for the Chicago Bulls and co-team physician for the White Sox, says most acute athletic injuries to the cuff are caused by simple inflammation of the tendons nearby and not an actual strain or tear.

Although cuff injuries are more common in the over-40 crowd, younger men who overextend themselves—particularly during sports such as tennis, basketball, and baseball—can feel the heat as well.

see also: [Rotator Cuff Injury](#)



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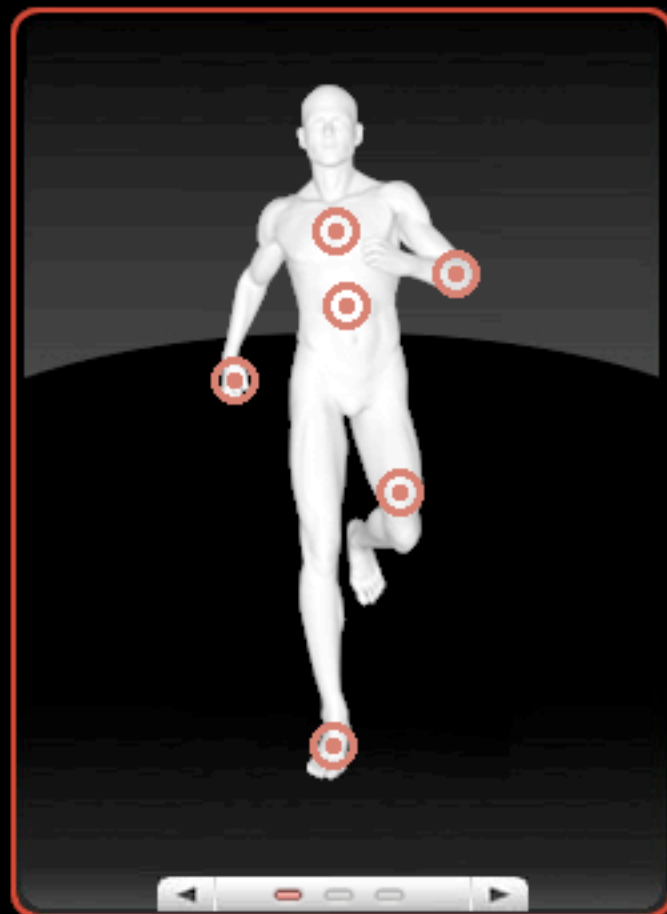
Treatment options range from simple stretching and anti-inflammatories to surgery and physical therapy. Rest, ice, and elevation is the best bet for an acute injury, according to Fred Tedeschi, head trainer of the Chicago Bulls. And train your muscles to increase range of motion and strengthen your shoulder blades.

You can do this with internal and external rotations. Do three sets of 15, 4 days a week for each exercise.

For the internal, lie on your uninjured side with your affected arm lying on your rib cage, elbow bent at 90 degrees. Using a 3-pound weight, rotate your arm up vertically, keeping your elbow in the same location, until your knuckles face the ceiling.

The setup for the external is the same, but this time rotate your injured arm down toward floor.

see also: [Rotator Cuff Injury](#)



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Cole recommends warming up for your next practice by playing at a low level and incorporating extreme rotation stretches. "You can stretch the shoulder by placing a towel over your uninjured shoulder and grabbing it with your opposite hand behind your back," he says.

Or try the sleeper stretch: Lie on the injured side and force the arm to come across the body, which will stretch the back of the shoulder joint.

Optimal posture, where the shoulder blades are pulled back and core muscles are tight, is the strongest preventative tool.

by: Naomi Piercey

see also: [Rotator Cuff Injury](#)

