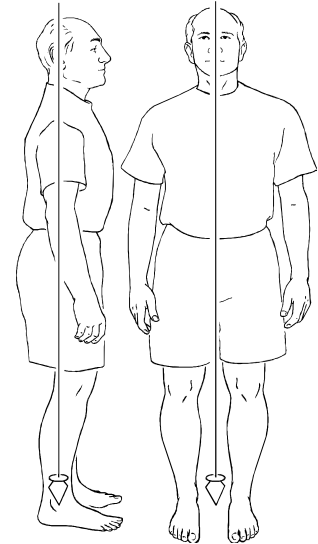


Rotator Cuff Initial Management

Below please find a sample of early techniques to manage Rotator Cuff Pain. For best results, discuss this plan with your occupational therapist, physiotherapist or physician.

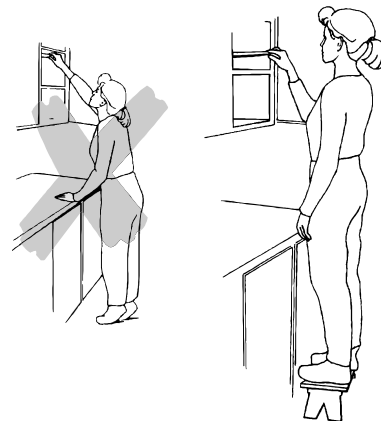
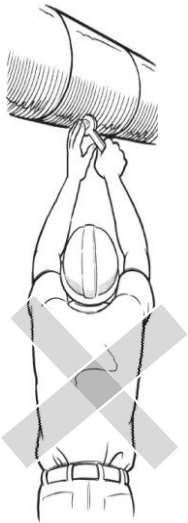
Posture

Being more aware of your posture and practicing good alignment techniques at all times will reduce the amount your rotator cuff tendons will be impinged when you repeatedly move your arm.



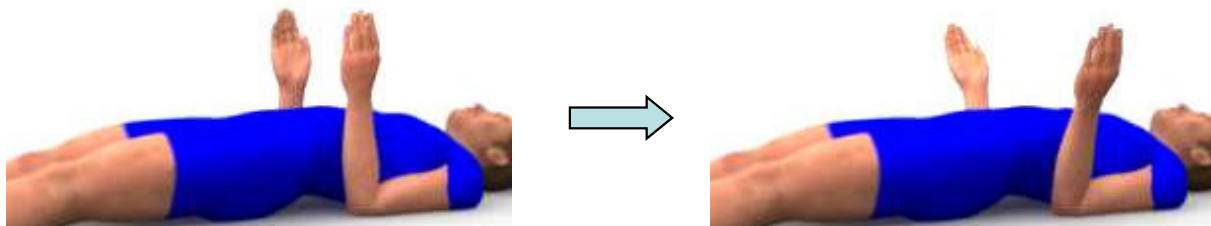
Modify Activities

It is important to keep using your arm to perform your daily activities so your shoulder does not get stiff. Try to identify and avoid those movements which are painful.



Shoulder Exercise

Lie on your back with your arm by your side. You may need a folded towel under your arm to improve your comfort. Bend your elbow so that your fingers are pointing up toward the ceiling. Slowly lower the back of your hand and forearm toward the bed while keeping your elbow tucked in by your side. Repeat 3 to 5 times.



For further management see your physiotherapist or physician.