

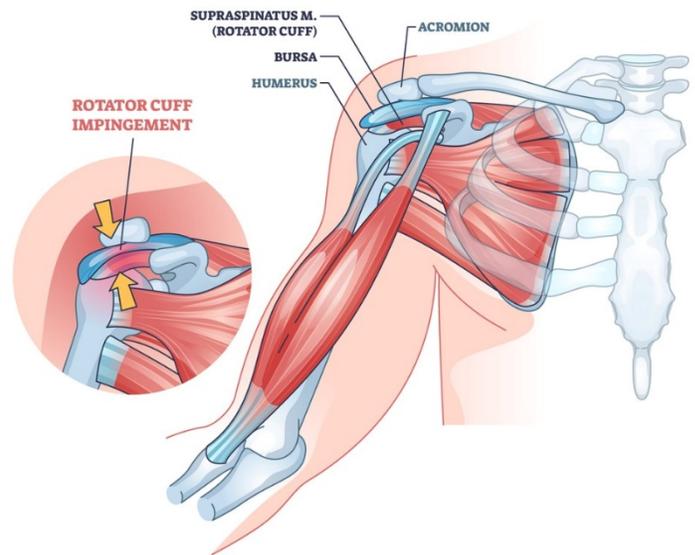
YOUR GROUP23

PATIENT HEALTH JOURNEY

BECOME AN EXPERT: Rotator Cuff Impingement

The terms “**rotator cuff injury**” or “**rotator cuff impingement**” cover a broad spectrum of painful shoulder conditions. These injuries can range from simple inflammation of the rotator cuff tendons to massive tearing. The rotator cuff itself is made up of several muscles and tendons that are responsible for stabilizing the ball and socket joint (glenohumeral joint) of the shoulder. These muscles work together to center and stabilize the ball within the socket. Rotator cuff injuries can be caused by overuse of the shoulder tendons, such as in swimming and overhead hitting in volleyball. Alternatively, a sudden force that is too strong for the tendons to endure, such as a fall or lifting a heavy weight, can cause a tear.

ROTATOR CUFF IMPINGEMENT



It is important to understand that rotator cuff injuries exist along a spectrum of severity and that any tendon of the rotator cuff may be injured. Simple irritation of the tendons can lead to fraying or weakening (known as “**tendinosis**” or “**tendinopathy**”), then **partial thickness tearing**, and ultimately **full thickness tearing** that can either be complete, involving the entire tendon, or incomplete, involving only part of the tendon. Other associated conditions that are commonly seen with this condition may include long head of biceps tenosynovitis, calcific tendinopathy, osteoarthritis involving the acromioclavicular joint or the glenohumeral “ball and socket”, and labral tearing.

Non-operative treatment is the initial preferred method for managing rotator cuff injuries. This approach emphasizes rest and avoiding activities that worsen pain. Vital to the recovery process is physical therapy, which plays a central role in rehabilitating the shoulder. A structured exercise program will aid in strengthening the shoulder muscles, enhancing joint stability, and improving flexibility. In certain instances, interventional injection therapies may also be an effective treatment option. Most cases respond positively to non-operative approaches, and timely intervention often leads to reduced pain, improved function, and a quicker return to daily activities. In cases of severe injury or when conservative methods prove ineffective, surgical options may be considered.

It is important to note that not all tears require surgery. As many as **75% of patients** with a rotator cuff tendon injury, even full-thickness tearing, are able to get back to good function and quality of life **WITHOUT** needing to have a rotator cuff surgery.

BECOME AN EXPERT cont'd

Why does this matter?

At Group23, we often see patients frustrated with their symptoms, lack of improvement, and the cost of ineffective treatments, products, and devices. Often the biggest issue we see with a diagnosis is the patient's lack of knowledge of the subject because no one has taken the time to explain what is truly happening! It's not enough to just know the term rotator cuff impingement; it's important to us that you understand what it means!

Now you know more about rotator cuff injuries, we can address treatment options that center around progressive and exercise-based rehabilitation. No matter where you start, you can get to the point of less pain and improved functionality... IF you create good SMART goals, utilize the options in your Toolkit, and commit to working proactively with your Group23 Health Journey team!

Our care philosophy

We see treatment choices as a Patient Health Journey, and we take pride in being on this Journey with you the entire way.

The most crucial part is becoming an expert and creating Rise Above goals specific to you and your lifestyle. Once your Group23 healthcare team understands your destination, we can accurately create a treatment plan that is fit for you!



Check out a free lifestyle assessment, available with the Health & Wellness team!



Surgery is a possibility, but a last resort option in the case of rotator cuff impingement. We have a whole Toolkit of other options to try first!



Becoming an expert and setting a SMART goal ensures every treatment decision reflects your priorities, not ours!



GROUP23
SPORTS MEDICINE