



## *Everything you need to know about the* **ROTATOR CUFF**

Many people have heard that the rotator cuff is an important part of our shoulder's function but aren't quite sure why it's so important and furthermore why it gets injured so often!

### ***What is the rotator cuff?***

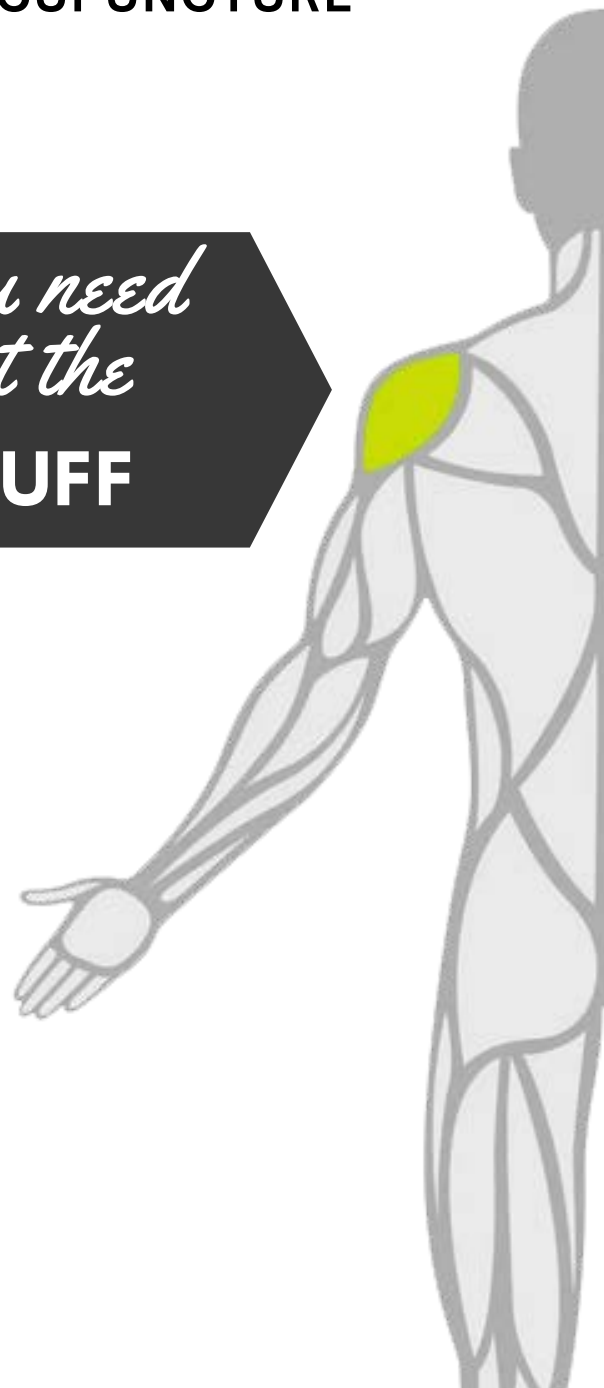
The rotator cuff consists of 4 muscles that work together to assist the shoulder with different movements of the shoulder. The 4 muscles are the supraspinatus, infraspinatus, teres minor, and subscapularis.

### ***Why is the rotator cuff so important for shoulder function?***

The shoulder joint is often referred to as a "ball and socket" joint. More accurately it should be referred to as a "ball and saucer" joint. The shallowness of this joint gives the shoulder the greatest mobility of ANY joint in the human body. The downside is that it requires more control from the supporting muscles to prevent injury.

While the rotator cuff does assist in moving the shoulder, one of its most important functions is to act almost like a suction cup to hold the joint in a good position while the larger muscles around the shoulder provide the greatest amount of force for movement.

Imagine now if you had some sort of problem with your rotator cuff causing an imbalanced or insufficient "suction". This is where the injuries start! Difficulty in providing a good balance to your shoulder's range of motion can result in faulty movement patterns causing shoulder impingement, bursitis, and tendonitis.



*"Before physical  
therapy, I was very  
unstable."*

*- Shoulder*