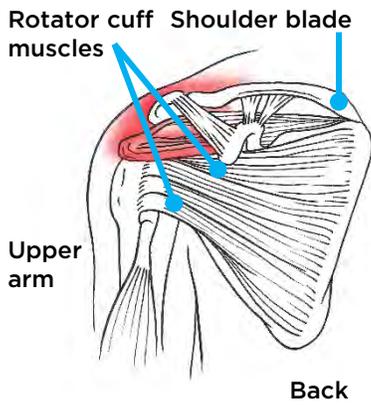


# Rotator Cuff Tendonitis



Your child is diagnosed with rotator cuff tendonitis. This is an inflammation of the tendons that attach muscles to the shoulder. It is caused by overactivity of the rotator cuff, which is a group of muscles around the shoulder that keep the joint in place. Tendonitis occurs when the tendons become inflamed and painful, often from too much activity when moving the arm overhead or at high speeds. Rotator cuff tendonitis is common in athletes who swim or play baseball, softball or tennis.

## Symptoms may include:

- Shoulder or arm pain with overhead movements or at rest
- Inability to move the arm through a full range of motion
- Pain or weakness with lifting or carrying items such as books and backpacks

## Common treatments include:

- Rest (avoid throwing)
- Ice
- Stretching
- Strengthening for the muscles around the shoulder
- Physical therapy
- Analysis of throwing form
- Using pitch count limits
- Limiting the total number of throws once your child returns to play

Your child should avoid throwing, be cautious with overhead motions of the shoulder, and avoid painful motions.

## Early exercises for shoulder pain

Begin the following exercises until your child's appointment with a physical therapist. Exercises should be pain free. If pain worsens, then stop the exercises.

### Pendulum

1. Stand with your body bent forward, supported by one arm on a table. Let the injured arm hang toward the ground.
2. Shift body in a circular motion, letting the hanging arm swing in circles. Do not use your arm muscles to create the movement.

Do 2 sets of 10 repetitions.



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## To Learn More

- Sports Physical Therapy  
206-987-6400
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

## Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

### Shoulder blade retraction

1. Sit or stand in an upright position.
2. Squeeze your shoulder blades together.
3. Hold for 5 seconds.
4. Relax back into starting position.

Do 2 sets of 10 repetitions.



### Shoulder internal rotation isometrics

1. Stand in a doorway with your arm bent at 90 degrees (see picture) and your elbow tucked at your side.
2. Press hand inward against the doorframe, using only a quarter to a half of your strength.
3. Hold for 5 seconds and then relax. There should be little to no movement of your arm with this exercise.

Do 2 sets of 10 repetitions.



### Shoulder external rotation isometrics

1. Stand next to a wall with your arm bent at 90 degrees and your elbow tucked at your side.
2. Push hand outward against the wall, using only a quarter to a half of your strength.
3. Hold for 5 seconds and then relax. There should be little to no movement of your arm with this exercise.

Do 2 sets of 10 repetitions.

