

# Rotator Cuff Tendonitis

## Causes/risk factors:

### *What causes rotator cuff tendonitis?*

Rotator cuff tendonitis is a tearing and swelling of the rotator cuff. These tendons are often injured in sports that require the arm to be moved over the head repeatedly, such as lifting heavy weights over the shoulder, swimming freestyle, butterfly or pitching in baseball. Repeatedly moving the arm over the head causes the top of the arm bone to rub against part of the shoulder joint and its tendons, tearing individual fibers.

## Symptoms:

Shoulder pain is the main symptom. Initially, the pain occurs only during activities that require lifting the arm over the head and forcibly bring it forward. Later, pain can occur even when the arm is moved forward to shake hands. Usually pushing objects away is painful, but pushing them toward the body is not.

## Diagnosis:

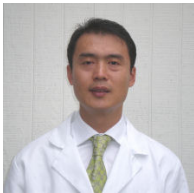
Dr Peng diagnosis the problem by asking the patient his/her injury history and then checks specific movements such as raising the arm and then raising the arm against force to find pain or soreness spots. MRI can detect how the tendon tears.

## Treatment:

Dr Peng's family herbal patch is applied on injured shoulder, and it can reduce the swelling, pain, and tendon inflammation. The treatment will be three times a week for three to six weeks. Strengthening exercise or **physical therapy** may cause more swelling and aggravate the problem.

## Prevention:

- Warm up before exercise or any physical activities.
- Avoid repeated movements for long period of time.
- Avoid lifting objects too heavy for yourself.



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