

Massage is Helpful for Rotator Cuff Problems

Rotator cuff injuries are fairly common in the US. They can occur from poor posture, reaching up to place items over your head, throwing a baseball, or your golf game.

Rotator Cuff Syndrome (RCS) is a painful condition. It can cause limited range of movement, pain without movement and even sleep disturbances. RCS means a few muscles have quit working together in the shoulder group. When one muscle is injured the others in the group make up for the deficiency. The excessive workload soon fatigues and injures the other muscles which were straining to help. One muscle dysfunction causes another and another.

The primary injury is a muscle imbalance that causes a tear of the tendon of the muscle. The imbalance can be from age degeneration or trauma. Inactivity is a common culprit. Others are prone to trauma from golf or other sports. Although you feel sore after a number of swings, you continue to play. You ignore the imbalance and thru repeated swings tear a rotator cuff muscle.

Massage is especially suited to rehab RCS. It relieves the muscle in spasm, increases the blood flow to the area and helps strengthen the weak muscles. Specific Deep Tissue Massage to the proper muscle belly provides dramatic results to the muscle strength and healing recovery.

If you are experiencing shoulder pain or have been diagnosed with RCS, please call us to schedule a customized therapeutic massage. Massage therapy is a proven, straightforward, approach to your pain management and recovery.