

Mayo Clinic Medical Edge

Rotator Cuff Injury

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	YOU SEE, READ OR HEAR THE REPORTS ALL THE TIME... SOME ATHLETE - OFTEN A BASEBALL PITCHER – WITH AN INJURED ROTATOR CUFF. BUT JUST WHAT IS THAT?
John Sperling, M.D. Track 1 (1:15)	“THE ROTATOR CUFF ARE THE MUSCLES THAT ATTACH THE SCAPULA BONE OR WING BONE TO THE HUMERUS OR UPPER ARM BONE.”
	MAYO CLINIC DR. JOHN SPERLING, SAYS THE ROTATOR CUFF PROVIDES STRENGTH AND STABILITY TO THE SHOULDER.

	<p>WHEN THOSE MUSCLES BECOME INFLAMMED OR IF THERE'S A TEAR THE RESULT CAN BE PAIN, LOSS OF MOBILITY AND WEAKNESS.</p>
<p>Dr. Sperling Track 1 (9:45)</p>	<p>"MANY OF THESE PEOPLE HAVE DISABLING PAIN. THEY'RE UNABLE TO SLEEP AT NIGHT, UNABLE DO ACTIVITIES OF DAILY LIVING."</p>
	<p>AND IT'S NOT JUST ATHLETES. LIKE A PITCHER THROWING THE BALL AGAIN AND AGAIN, ANY REPETITIVE MOTION CAN LEAD TO PROBLEMS. SO CAN FALLS AND OTHER TRAUMATIC INJURIES. THE GOOD NEWS IS MOST ROTATOR CUFF INJURIES DON'T NEED SURGERY. MOST CAN BE TREATED WITH MEDICATIONS AND PHYSICAL THERAPY.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>
