

Shoulder Pain / Rotator Cuff Worksheet

Presented by Bettina Neumann, PT, CST, LLCC
at Rising Sun Physical Therapy

I. What is the Rotator Cuff?

- A. It is a group of _____ muscles that _____ the shoulder.
- B. The shoulder is a _____ in _____ joint.
- C. 4 Areas work together for shoulder movement:
 - 1. _____
 - 2. _____
 - 3. _____
 - 4. _____

II. First Step: Is the pain in your shoulder RE-_____.

A. In the past 30 days, what was the worst pain you've had? _____

B. What were you doing when that happened?

Reaching overhead? Lifting? Carrying objects? Sleeping? Getting dressed? Reaching behind your back?

III. The #1 Single Biggest Mistake Shoulder Pain Sufferers Make? They _____ it.

A. 3 Things You Can Do:

- 1. _____ it.
- 2. _____ it.
- 3. _____ it.

IV. The Most Common Causes of Shoulder Pain

A. Problem in the _____

B. An _____.

C. Poor _____

V. What Does Successful, Non-invasive, Natural Treatment Look Like?

A. _____ PT to move the shoulder and surrounding joints.

B. Stretching and _____ exercises to retrain muscle memory.

C. Class IV Laser.

Notes: