



QUALITY OF LIFE PHYSIOTHERAPY UPDATE

QOL Newsletter

Upcoming Events

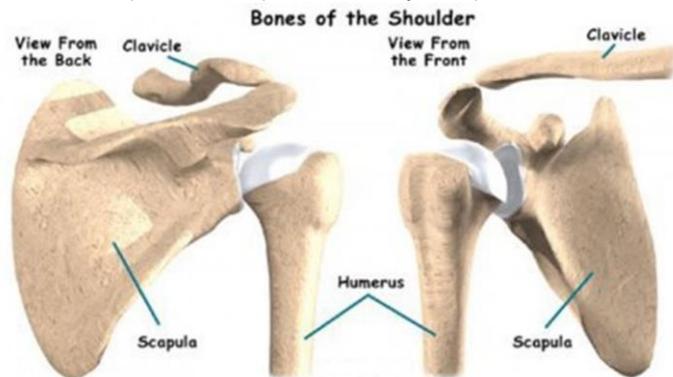
- Get up and Go Christmas Morning Tea December 16th 11:00am

Clinic will be closed for one week between Christmas/New Year.

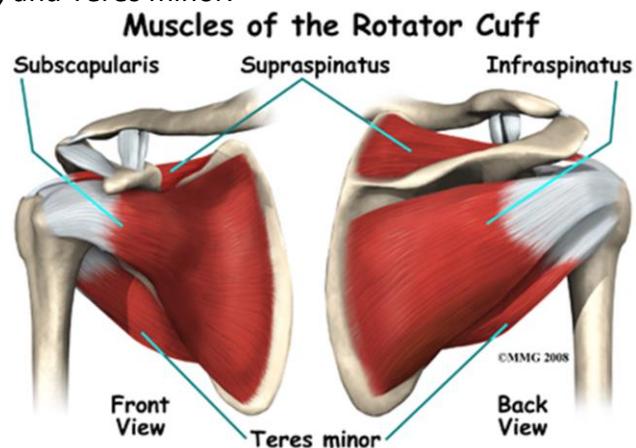
Rotator Cuff Muscles

What is the rotator cuff?

The rotator cuff is a group of tendons and muscles that help to connect and stabilize the humerus (arm bone) to the scapula (shoulder blade).



Muscles making up the rotator cuff are Supraspinatus, Infraspinatus, Subscapularis, and Teres minor.

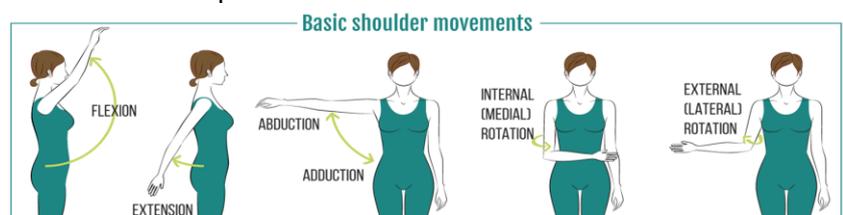


Supraspinatus: stabilizes the humerus into the joint and helps to abduct the arm.

Infraspinatus: stabilizes the humerus into the joint and helps to externally rotate the arm.

Subscapularis: stabilizes the humerus into the joint and helps to internally rotate the arm.

Teres minor: stabilizes the humerus into the joint and helps to externally rotate the arm and helps a little to adduct the arm.



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Rotator Cuff Dysfunction

Dysfunction of the rotator cuff can occur when the muscle making up the rotator become damaged or irritated. This can lead to inflammation, swelling and decrease mobility of the shoulder joint.

Damage of the rotator cuff can be in the form of:

1. Inflammation of tendons (tendinitis) or bursa (bursitis). Bursa is like a little cushion between the tendons and the bones.
2. Impingement where the tendon gets rubbed or squeezed against the bone
3. Partial or complete tears of the rotator cuff muscles.

Damage to the rotator cuff can occur due to general wear and tear, overuse (such as repetitive throwing) or trauma (falls, dislocations).

Signs and symptoms of rotator cuff dysfunction:

1. Pain and swelling in shoulder joint
2. limited movement of shoulder
3. shoulder movements feel weak and unstable

How can QOL Physiotherapy help?

Diagnosis of the cause of your shoulder dysfunction is an important initial step in shoulder rehabilitation. Physical examination of shoulder will help to develop a rehabilitation program to improve stability, strength and function of the shoulder joint. Additional scans such as x-rays, ultrasound or MRI may be required to ascertain the severity of the dysfunction.

If shoulder dysfunction occurs it may be important to see a qualified professional to fully assess your shoulder. In the mean time you can:

1. Rest
2. Ice
3. See a pharmacist or doctor regarding anti-inflammatory medication
4. avoid uncomfortable positions or activities that may further aggravate your shoulder

Make an appointment today to see our friendly QOL Physiotherapist if you have any concerns regarding your shoulder dysfunction.

Staff in the Spotlight!

This month QOL Physiotherapy would like to recognize Lexi for her hard work in assisting Jade to manage Mercy Mont Clare, which has been a somewhat difficult facility to manage, with many changes in management over the past few months, difficult families, and a demanding work load. Lexi has been incredibly flexible and accommodating of the workload at the facility as well as covering extra Kincare clients where able, which has been a huge support to Jade and the facility.

She's managed the residents at Mont Clare with a lot of patience, kindness and enthusiasm, and has gone above and beyond the call of duty by alerting a difficult family member when she would see their loved one, to ensure they were aware they were in fact receiving physio. For someone who excels in a non-team sport involving fighting, it's surprising how much of a team player you are Lexi! Thanks for your contribution to supporting our team!

