



Are There Specific Exercises That I Can Do to Rehab Or Strengthen a Rotator Cuff After Injury?

ANSWER:

The “rotator cuff” is a term used to describe four muscles that primarily help to stabilize the shoulder. These muscles include Supraspinatus, Infraspinatus, Teres Minor and Subscapularis.



One of the biggest keys in prevention of a rotator cuff injury is to keep the muscles of the shoulder strong and balanced.

Try to include a wide variety of exercises in your shoulder workout to help prevent any unnatural stress due to muscular imbalances or overexertion of the muscle.

It is best to find out the cause of the injury by seeing your doctor who may choose to do various tests to determine what exactly is wrong. Your doctor will then advise you as to which sort of treatment you need.

Always get clearance from your doctor before beginning any exercises if you have an injury.



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