

Rotator Cuff Related Shoulder Pain in Children

Pain in your shoulder may arise from the rotator cuff muscles. This may be due to an overuse injury or irritation of the tendon, which attaches muscle to bone. It is important to follow the advice below and to trial exercises to strengthen the rotator cuff muscles and to improve the function of your shoulder. While your shoulder is very painful, try to avoid activities that aggravate your symptoms.

EXERCISES

The following exercises aim to gradually strengthen the rotator cuff muscles. Progress through to the more challenging exercises as you are able. You may have some discomfort whilst doing the exercise but the pain should settle within 30-40 minutes. This shows that your shoulder can tolerate the exercises. If the pain does not settle, go back to doing the exercise you can do more comfortably. You may need to start by doing fewer repetitions initially depending on your pain, and should increase your repetitions as able. If you are using a weight for an exercise, start light and gradually build up. Aim to complete these exercises 4-5 times a week. It can take up to 12 weeks of doing strengthening exercises before your pain improves.

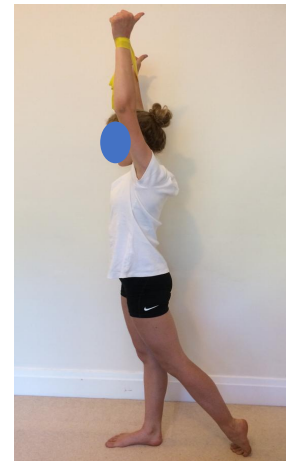
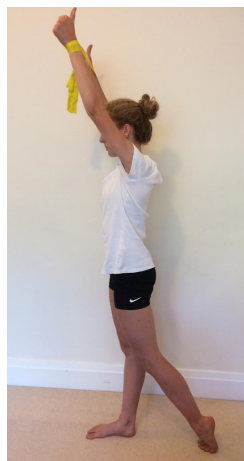
Resistance Band with External Rotation



Hold a resistance band in each of your hands. Put a rolled up towel between your elbow and your side. Rotate your arm outwards against the resistance of the band. Slowly return back to the starting position.

Repeat 3 x 10.

Resistance Band Looped Lift



Tie a resistance band in a loop. Slide this over both wrists. Gently push your hands out into the band, with your thumbs pointing up. Whilst maintaining this pressure, raise your arms upwards and simultaneously step forwards. Return to the starting position. Repeat on the opposite leg. If this is too difficult, start with your elbows bent and reach up just to shoulder height. As you improve you can increase the movement performed and work with a straight arm.

Catch and Release

Hold a ball in your outstretched arm. Release the ball and catch it, whilst keeping your arm straight out in front of you. Repeat for a few minutes, or until fatigue. To progress, use a weighted ball if you have access to one or a small, filled water bottle.



Alternatively: With a gym ball, bounce the ball in front of you, keeping your arm straight out in front of you. Repeat for a few minutes, or until fatigue. To progress, stand on one leg.

