

Q&A – Rotator Cuff and Shoulder Pain

Ask the Physical Therapist

By Todd Loehrke, DPT, CMTPT

Q: I have shoulder pain that started with playing softball. What is a rotator cuff and how can I tell if mine is injured?

A: Your rotator cuff is a group of muscles that stabilize your shoulder joint. The tendons of these muscles can get pinched, irritated, and even torn—usually during activities such as overhead throwing, sudden movements, or falls. Even slouched posture can cause rotator cuff irritation. Your OST physical therapist can determine which structures are involved. In most cases, shoulder pain can be corrected without surgery.