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Different motor control alterations in the same rotator cuff diseases

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The presentation aims to explain that the same medical / anatomical diagnosis manifests itself clinically with different compensations in the motor control of the shoulder complex. Decrease in the ability to abduct the arm (move it out to the side). This allows the arm to be used for most activities but the affected person is unable to use the injured arm for activities that entail lifting the arm as high as or higher than the shoulder level to the front or side. The rotator cuff is a group of muscles and tendons that hold the shoulder joint in place and allow you to move your arm and shoulder. Problems occur when part of the rotator cuff becomes irritated or damaged. This can result in pain, weakness and reduced range of motion. There are the symptoms of cuff tear Recurrent pain, especially with certain activities, Pain that prevents you from sleeping on your injured side Grating or cracking sounds when moving your arm, Limited ability to move your arm, Muscle weakness.

Biography

Pedro Fuentes Á. PT, TEVNM. It is considered an avid student in the field of manual therapy, rehabilitation, brain controlling movement and biomechanics. As a Physiotherapist, Strength Coach and Manual Therapist, Pedro uses his experience and knowledge in the biomechanics of motion, quality of movement, and muscle imbalances to specialize and rehabilitate all joint complex of the human body.

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