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ISM

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Annotated Article:  Rotator Cuff Tear

Citation:

“Rotator Cuff Tear.” *Cleveland Clinic*,

my.clevelandclinic.org/health/diseases/8291-rotator-cuff-tear.

Research Assessment #7

As I continued my research, I wanted to shift my focus to prepare for my original work. To do so, I read “Rotator Cuff Tear” by the Cleveland Clinic. A rotator cuff tear is one of the most common injuries produced by athletes, mainly in overhead sports. By reading this article, I was able to expand my knowledge on the overview, causes, symptoms, prevention, and treatment involved when people get a rotator cuff tear.

The article begins by sharing and explaining what a rotator cuff is. It is described that the rotator cuff is a group of both tendons and muscles that is a vital part of holding the shoulder in place. With a tear, it may be difficult to move the shoulder in different ways mainly overhead. The tear itself can be both partial and complete and is considered when the tendon pulls away from the shoulder. In previous research, I have seen many shoulder injuries, yet this article was very useful in using terminology to allow the reader to understand what is happening in the shoulder itself. This information is highly informative to me because now I can pinpoint where a rotator cuff is on a shoulder and where muscles and tendons are involved. It is also important for

me to now understand what spots on the shoulder this injury may also affect other than just the rotator cuff itself.

Next, the article displays both the symptoms and causes of this shoulder injury. In reading, it is emphasized that everyone experiences different symptoms, but the most common include things like weakness, pain, popping and clicking, etc. A common symptom is also a dull ache around and in the front of the shoulder, but others could also experience many sharp pains. The causes are also shared, and it is shown to the reader that the most common cause happens over time rather than dramatically for older people. There are also times that people active, like athletes, have a dramatic incident that tears the shoulder most commonly with a broken collarbone or the shoulder moving out of place. This information is important because it allows us to understand the most common ways one may get this injury. This will allow me to be able to recognize this injury and that symptoms are able to be different in everyone. Comparing this to my previous research, I have found more information in this article regarding the patient's symptoms and causes to inform me to be more likely to be able to assess this injury.

The final part of the article shares what treatment and prevention may look like for a patient. There are two ways a rotator cuff treatment can look and that is both surgical and nonsurgical. The surgery most often treats complete tears or partial tears that do not heal using nonsurgical options. The non-surgical options include physical therapy and injections. With this knowledge, it is important for me to note that there are many different types of injury that vary from patient to patient. Also, my previous research on return-to-sport rates can be influenced by different treatments because non-surgical and surgical opportunities have greatly different times for patients to recover. Overall, with how common this injury is in different types of athletes the article explains the prevention of a rotator cuff tear. These preventions include stretching and

strengthening exercises. This is important for me to know because this information is something that can be displayed to athletes as it is such a prominent injury for many different sports.