



# Treat Your Own Rotator Cuff

*Jim Johnson*

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**Treat Your Own Rotator Cuff** Jim Johnson

**Keeping your rotator cuff in shape is the single best weapon you have against shoulder pain.** Why?

Because your shoulder is a shallow ball and socket joint that relies heavily on your rotator cuff to keep it in place. Did you know your rotator cuff muscles contract every time you move your arm to protect and stabilize your shoulder joint?

Out of shape rotator cuff muscles don't keep the "ball" in the "socket" - which creates excessive motion in the shoulder joint - extra motion that aggravates things and causes common problems such as bursitis, tendinitis, impingement syndrome, arthritis, and more. *On the other hand, keeping your rotator cuff strong and flexible with a few simple exercises is the best way to prevent and treat these problems - it's just that simple!*

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