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Massage for shoulder rotator cuff dysfunction

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Introduction: With age and the increase in uniform activity among the population, the percentage of individuals experiencing shoulder rotator cuff disorders is on the rise. The growing popularity of alternative treatment methods suggests that patients are increasingly inclined towards natural and less invasive approaches to health restoration, including the use of massage. Therefore, the study and development of massage techniques are relevant tasks, especially in the context of shoulder rotator cuff disorders.

Materials and Methods: Analysis and synthesis of professional scientific and medical literature regarding the application of massage in cases of shoulder rotator cuff injuries.

Results: The role of massage as a physical therapy modality in shoulder rotator cuff disorders includes:

Stimulation of Blood Circulation: Massage promotes improved blood circulation in the rotator cuff area, facilitating the delivery of oxygen and nutrients to tissues and accelerating the removal of toxins. Increased blood flow contributes to reducing inflammation and supports faster tissue recovery.

Muscle Relaxation: It acts to reduce muscle tension and enhance flexibility. Massage aids in restoring the muscular balance of the shoulder rotator cuff.

Pain Reduction: Massage can influence pain receptors, contributing to a decrease in shoulder pain. This can alleviate discomfort and improve the patient's quality of life.

Improvement of Mobility: Massage incorporates various techniques aimed at enhancing joint mobility and can assist in restoring the normal range of motion in the shoulder.

Massage for the shoulder rotator cuff should be targeted at the muscles that comprise this muscle group. The rotator cuff consists of four muscles responsible for the movements and stabilization of the shoulder joint. These muscles include:
Supraspinatus Muscle: Responsible for lifting the arm upward.

Infraspinatus Muscle: Facilitates the external rotation of the shoulder.

Teres Minor Muscle: Responsible for moving the arm outward and pressing the arm to the body.

Subscapularis Muscle: Facilitates the internal rotation of the arm.

During the massage of the shoulder rotator cuff, various techniques can be employed to relax these muscles, enhance blood circulation in the area, and promote overall muscle balance. It is crucial to consider the individual characteristics of the patient and the degree of traumatic damage to the rotator cuff when selecting massage techniques. It's important to note that massage can be used both independently and in combination with other physical therapy methods.

Conclusions: Therefore, the highlighted relevance of massage in the context of shoulder rotator cuff disorders emphasizes its significance in influencing physical recovery and improving the quality of life for patients. It underscores the role of massage among the methods of physical therapy.

Key words: physical therapy, physical therapy modalities, role of massage, massage techniques.