



Get Fit. **Life Tip.**

Body 101 – Rotator Cuff

The rotator cuff is important for all upper body movement because the muscles in the rotator cuff allow the arm to move in all directions.. There are 5 different muscles that are associated with the rotator cuff and all play a crucial role in proper arm and shoulder movement. Taking care of your rotator cuff is important, whether you play sports, recreational activities, workout, golf, swim or any other everyday activity utilizing your upper body.

Muscle	Function
Teres Minor	speeds up shoulder external rotation and slows down internal rotation
Infraspinatus	speeds up should internal rotation and slows down external rotation
Supbscapularis	speeds up should internal rotation and slows down external rotation
Supraspinatus	speeds up abduction (moving outward) of the arm and slows down the adduction (moving inward of the arm)
Teres Major	speeds up shoulder internal rotation, adduction and extension. Slows down shoulder external rotation, abduction and flexion

All of muscles above are located at the shoulder blade (scapula) and stabilize the shoulder girdle and connect to the humerus (the bone from your shoulder to your elbow). Exercises such as a straight arm pull down, lateral raise, overhead press, lateral deltoid raise and rear fly all engage the muscles in the rotator cuff. Note that any pain, discomfort or dysfunction in your rotator cuff will inhibit most upper body movement.

Sign up for the Ultimate Get Fit Ass Whipped Bootcamp before 7/21/10 and SAVE!!

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