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## INFRASPINATUS AUGUST 2008 NEWSLETTER

All four rotator cuff muscles work together simultaneously to keep the humerus in its shallow socket, and must be in balance for the shoulder joint to function optimally. The combination of shallow socket, muscular stabilization and ligament design are all contributing factors to a greater range of motion for the shoulder, but unfortunately also to a greater probability of injury. This month's spotlight is on the biggest external rotator of the "cuff", the infraspinatus (infra = inferior to or below; spinatus refers to the spine on the back of the shoulder blade, a ridge of bone that runs across the top in an oblique direction, ie: the muscle that lies beneath the spine of the scapula). Raise your arm to 90 degrees with elbow bent and palm facing forward as if to wave at someone – your shoulder is now externally rotated, and you're contracting and activating the infraspinatus. Examples of external rotation activities include bringing the arm back in serving a volley ball, and in racquet sports. The infraspinatus covers the back of the shoulder blade as shown below, but the triggerpoint pain pattern is in the front and side of the shoulder and arm as shown below in yellow. On occasion, pain may also be felt in the back of the neck, inner border of shoulder blade, and forearm/hand. You can see why it might

be tough to figure out on your own where your pain is coming from! Weakness, stiffness, restricted range of motion in any direction, and lying on either shoulder can be painful. Other causes include activities involving keeping the arms overhead or out in front for long hours (such as driving, keyboarding / mousing), and repeated reaching back in work or play. Exercise and stretching is helpful for regaining range of motion, but the triggerpoints must be eliminated first. If you are, or know someone who is experiencing shoulder pain, don't suffer needlessly – call or email me for an appointment, as it could be an easy fix in one or two sessions.



### WHAT'S HAPPENING ...

**July 08:** I just passed my 5 year anniversary as an RMT, and am still going strong. I thank you all for your support over the years.

**August 08:** I've been receiving treatment and qigong lessons from an amazing local practitioner, Tim Wu. Check out his site at <http://www.uniquetherapy.com/tim/> Here's a sampling from his blog about what he has to say: *"Although my therapy belongs to Traditional Chinese Medicine, it is unique and has been handed down through my family from generation to generation, and although it is not a well-known therapy, it is capable of healing the diseases that were mentioned above. It is simple and yet, highly effective."*

**New Hours:** The four day work week and 3 day weekend summer experiment have been so enjoyable that I've decided to continue with it. Here's how it looks:

- Wednesday, Thursday & Friday from noon to 8:00 pm
- Saturdays from 9:00 to 4:00 pm.

Remember that Serge Houle (RMT) is available for massage on Sundays and Mondays from noon to 8:00 pm. You can book an appointment with him through me at 613-302-3117, or reach him directly at 613-697-7424.