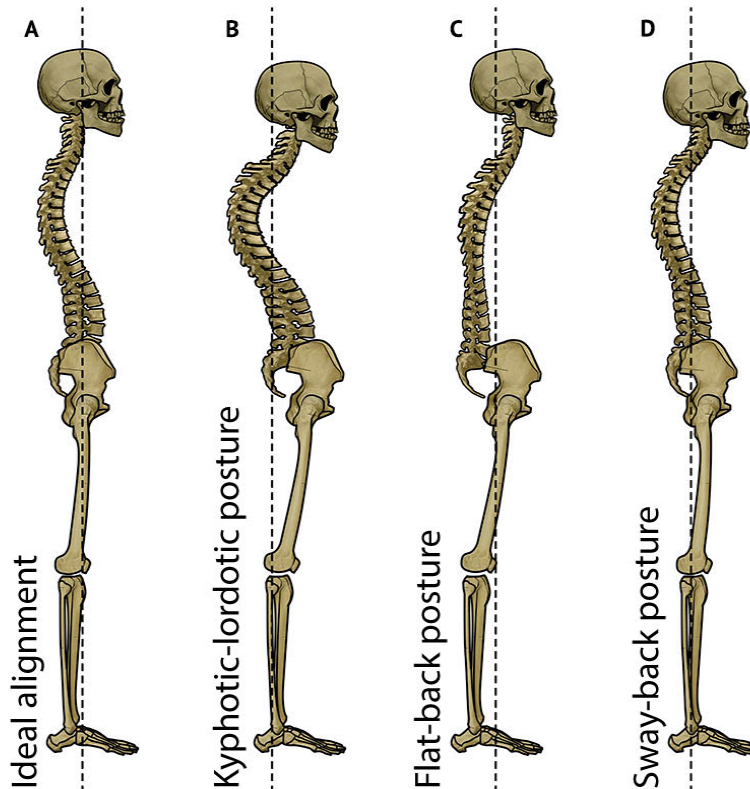




Justin Gianni D.C.
1480 Chapel Ridge Rd. Ste.150
Apex, NC 27502
919-335-5954
pfcapex@gmail.com
drgianni.com

Posture and Rotator Cuff Tears



Researchers correlated each posture to the likelihood of rotator cuff tear and found that postural abnormalities are an independent predictor of rotator cuff tears. ***“Prevalence of rotator cuff tears was 2.9% with ideal alignment, 65.8% with kyphotic-lordotic posture, 54.3% with flat-back posture, and 48.9% with sway-back posture. Logistic regression analysis identified increased age, abnormal posture, and past pain as factors associated with rotator cuff tears. “Patients with ideal posture experience rotator cuff tears relatively rarely, so keeping the spine in ideal alignment would appear helpful as a measure for preventing rotator cuff tears as well as in rehabilitation therapy for shoulder disorders.”***

Yamamoto A. et al., The impact of faulty posture on rotator cuff tears with and without symptoms J Shoulder Elbow Surg (2015) 24, 446-452