

#### 4. Improved postural control:

## Introduction

Rotator cuff injuries are prevalent among both athletes and non-athletes, often leading to pain, reduced range of motion, and functional impairment. Effective rehabilitation strategies are crucial for restoring shoulder function and alleviating symptoms. Scapular mobilization has emerged as a significant component of rehabilitative care, with promising evidence supporting its role in improving outcomes for individuals with rotator cuff injuries. This article explores the mechanisms, benefits, and practical applications of scapular mobilization in the context of rotator cuff rehabilitation [1].

Rotator cuff injuries, encompassing tendinitis, partial tears and full-thickness tears, present significant challenges in orthopedic and sports medicine. The rotator cuff, comprising four muscles (supraspinatus, infraspinatus, teres minor and subscapularis) plays a critical role in shoulder stability and movement. Disruptions to this complex structure can lead to pain, weakness, and impaired function. Rehabilitation strategies often focus on restoring strength, flexibility, and functional control. Among these strategies, scapular mobilization has gained attention for its potential to enhance rehabilitation outcomes.

## Description

### Scapular mobilization: an overview

Scapular mobilization refers to a series of therapeutic techniques aimed at improving the movement and alignment of the scapula (shoulder blade). The scapula's proper movement is essential for optimal rotator cuff function and overall shoulder health [2]. Dysfunctional scapular mechanics can contribute to impingement, altered kinematics, and increased stress on the rotator cuff muscles. Scapular mobilization techniques typically include manual therapy, exercises to enhance scapular stability, and interventions to improve coordination and control of scapular motion.

### Mechanisms and benefits

1. **Improved scapular kinematics:** Scapular mobilization
3. **Reduction in pain and disability:** Clinical studies have demonstrated that scapular mobilization can lead to significant reductions in shoulder pain and disability. By addressing underlying scapular dysfunctions, patients often experience improved symptoms and greater overall shoulder function.

**Acknowledgement**

None

**Conflict of Interest**

None

**References**

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