One strategy used to help individuals needing ligament repair is to go to physical therapy, which is important to those in need of getting back to fulfilling their normal daily tasks. According to the International Journal of Physical Medicine & Rehabilitation (2013), the rotator cuff pathology can contribute to shoulder pain, weakness, and limitations to both activities and work. Going to physical therapy helps those individuals get the range of motion back through various exercises targeting the area of injury. There are very limited alternatives to getting back to a full range of motion other than participating in physical therapy. The rotator cuff is used in a lot of daily activities such as bathing, driving, holding a baby, raising hands. This research aims to demonstrate the importance of having proper rotary movement in everyday life and explore its role in promoting people’s quality of life. The research shows how people become stronger after their surgery and the effects the surgery has during post-surgery. Physical therapy makes ligaments stronger through different exercises that stress the muscle and is a rehabilitation process that has positive effects on previously injured patients.

References

A complete list of reference will be included in the Poster Presentation.