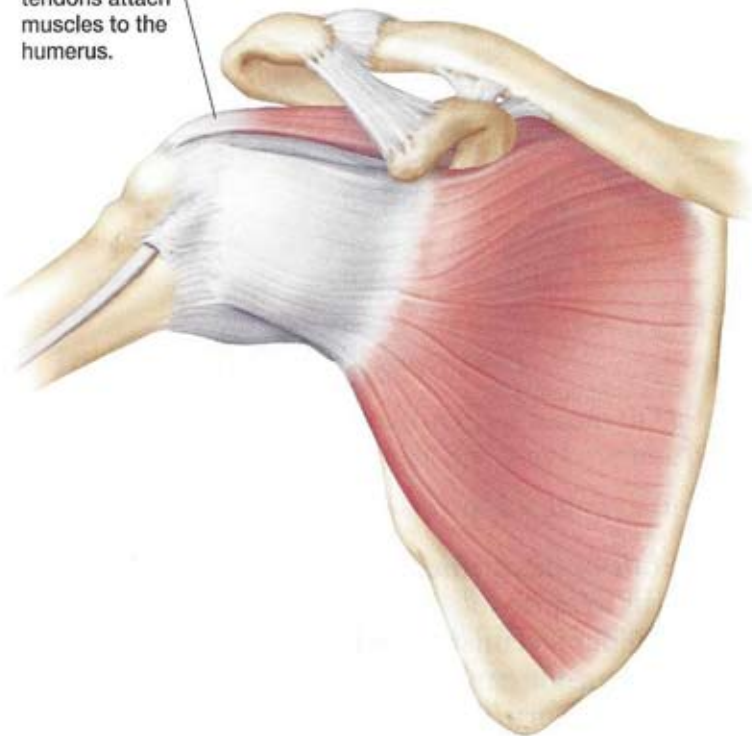


The rotator cuff tendons attach muscles to the humerus.



The Rotator Cuff Stabilizes Movement

The **rotator cuff** is made up of muscles and tendons that stretch between the upper arm and shoulder blade. It gets its name because the tissues form a stabilizing “cuff” around the head of the humerus. In addition to keeping the humeral head in place, the rotator cuff also helps control the shoulder’s movement. For this reason, the cuff is called a “dynamic stabilizer.”