

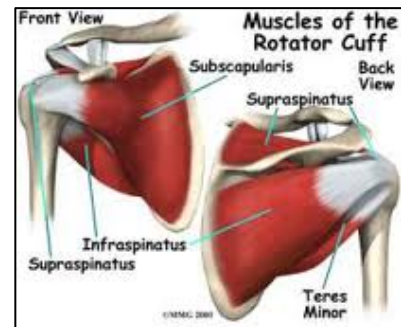


SHOULDER IMPINGEMENT



What is shoulder impingement?

Shoulder impingement is a common condition involving the muscles of the shoulder region or the bursa that allows for smooth movement. Individuals typically have pain with activities overhead or trying to reach behind their back.



Where does it occur?

Shoulder impingement occurs at the shoulder complex, which is made up of three bones: upper arm bone (humerus), shoulder blade (scapula), and collarbone (clavicle). The arm is kept in the shoulder socket by the rotator cuff. The rotator cuff is a common source of pain. Pain can be the result of:

- Tendinitis: The rotator cuff tendons can be irritated or damaged.
- Bursitis: The bursa can become inflamed and swell with more fluid.
- Impingement: When raising the arm to shoulder height, the space between the scapula's acromion and rotator cuff narrows causing irritation and pain.

What are possible causes?

There are a variety of different causes of shoulder impingement and different populations that are at risk, such as:

- Young athletes who use their arms overhead for swimming and baseball
- Others who do repetitive lifting or overhead activities, such as construction and hair dressers
- Poor control or coordination of your shoulder and shoulder blade muscles
- Weakness in rotator cuff muscles
- Poor posture

How does physical therapy treat it?

- Stretching – capsule and muscles
- Strengthening shoulder and scapular muscles
- Posture education and shoulder stability
- Taping
- Manual therapy – joint mobilization, stretch, massage
- Modalities – electrical stimulation, ultrasound, cold laser

