



Performance
Physical Therapy

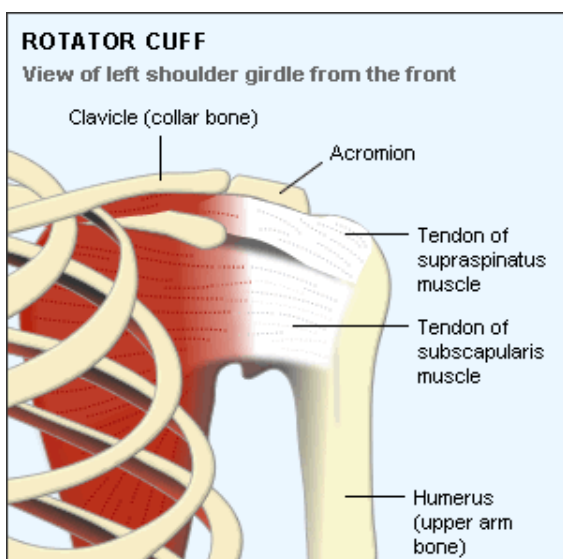
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SHOULDER IMPINGEMENT SYNDROME

What is it?

Shoulder impingement syndrome is pinching of the supraspinatus tendon (part of the rotator cuff) and bursa (lubricating sac) between the upper arm bone (humerus) and the acromion, which is part of the bone of the shoulder blade and forms the roof of the shoulder. The bursa functions to prevent the acromion and the rotator cuff tendons from grinding against each other.



Symptoms

Symptoms include pain, weakness and loss of motion around the shoulder joint, and pain at night when sleeping on the affected shoulder. Pain can often be brought on by lifting and rotating the arm. People sometimes describe a sharp pain brought on by reaching into their back pocket.

Causes

Insufficient room between the acromion and the rotator cuff. Normally, the rotator cuff tendons can easily slide under the acromion each time your arm is raised, however, it's normal for there to be some degree of rubbing or pinching of the tendons and bursa. Overuse of the shoulder in an elevated position can cause the impingement to become a problem and can lead to irritation or damage of the rotator cuff tendons.

Treatment

Rest, ice, anti-inflammatory medicines and physical therapy are the mainstay of treatment. Steroid injections or surgery may be needed in severe cases. Physical Therapy typically consists of modalities such as ultrasound and electrical stimulation to address pain and inflammation. Manual therapy may be indicated to treat soft tissue and joint limitations. Therapeutic exercise is focused on strengthening and stretching specific to the individuals need. A Physical Therapist will educate and guide you in how to return to a full level of function as quickly and safely as you can.

The information on this page is provided to you from Performance Physical Therapy. It is not intended to replace any information/treatment provided to you by your health care provider. Please feel free to check with your Physical Therapist if you have any questions about the information provided on this page.

We are here to help you reach your Peak Performance!

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