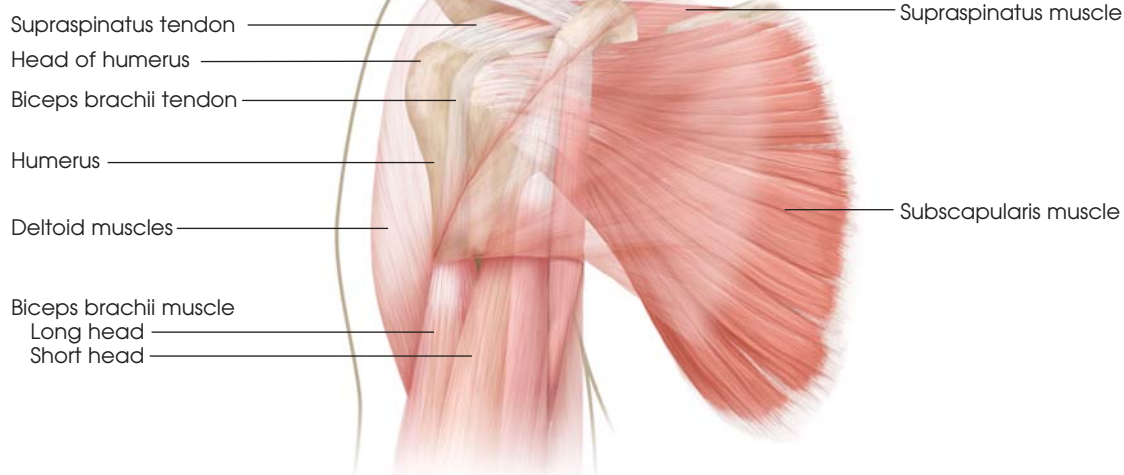
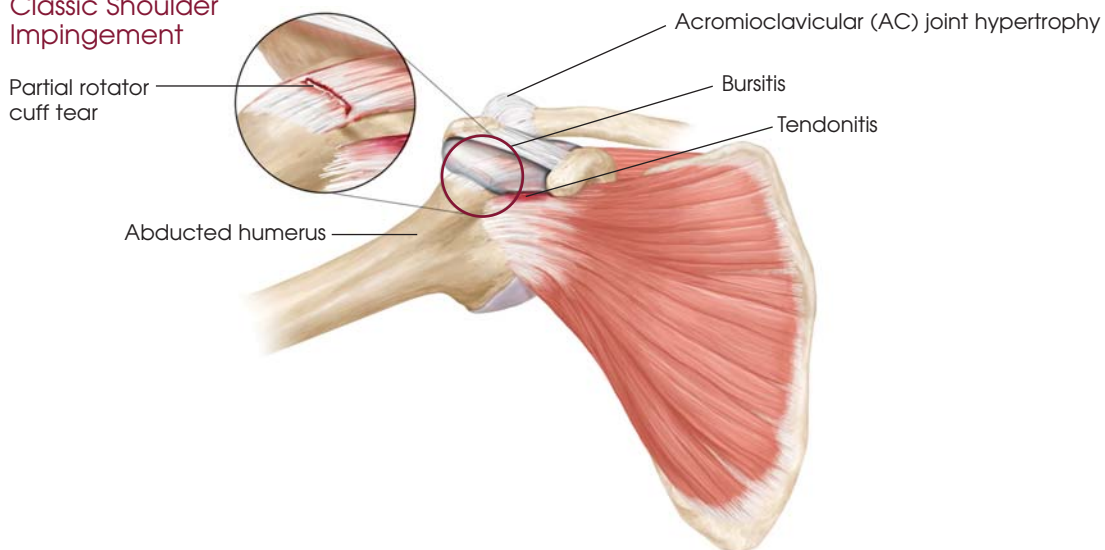


Classic Shoulder Impingement

Normal Shoulder Anatomy: Anterior View



Classic Shoulder Impingement



Shoulder Impingement occurs when the top shelf of the shoulder blade (the acromion) rubs/impinges on the rotator cuff as the arm is lifted overhead or to the side. Shoulder impingement can occur to people involved in activities that require repetitive overhead arm movements including young athletes involved in sports such as swimming, baseball or tennis or adults involved in home repair activities such as painting or construction. Symptoms include aches, stiffness, pain when raising the arm or reaching behind the back, swelling and tenderness.

Common Treatment Options

- Rest.
- Avoid activities that require overhead movements.
- Take anti-inflammatory medications as prescribed by your doctor.
- Attend physical therapy sessions to improve range of motion.
- Participate in rotator cuff strengthening and scapular coordination programs.
- Cortisone injections may be recommended by your doctor.
- Surgery may be required.

