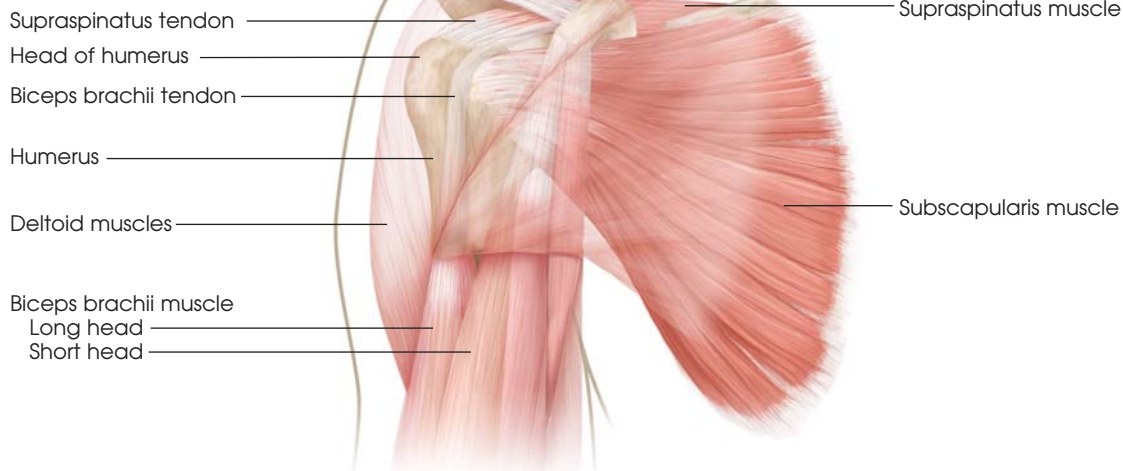
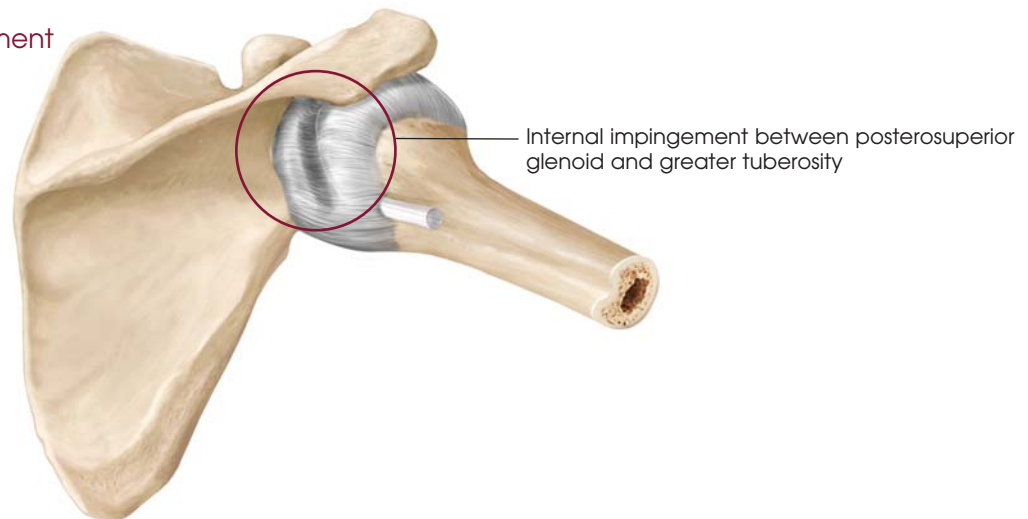


# Internal Shoulder Impingement

## Normal Shoulder Anatomy: Anterior View



## Internal Impingement Syndrome



**Internal Shoulder Impingement** occurs in the posterior (back) part of the shoulder, from pinching of the tuberosity (ball at the top of the shoulder joint) against the labrum (cartilage in shoulder joint). This can happen when the shoulder is placed in a cocked overhead throwing position and can lead to damage of the undersurface of the rotator cuff and the posterior superior labrum, called a SLAP lesion. Throwing athletes and people who use poor weight lifting techniques are susceptible to this injury. Symptoms include stiffness, pain in the back of the shoulder and the inability to fully rotate the shoulder inward.

## Common Treatment Options

- Rest the shoulder to calm symptoms.
- Take anti-inflammatory medications as prescribed by your doctor as they may ease the pain in the early phases.
- Attending physical therapy and prevention programs may be recommended. Focus could include:
  - a. Rotator cuff strengthening and muscle coordination
  - b. Shoulder blade stabilization
  - c. Core strengthening exercises and balance
  - d. Posterior capsular stretching exercises to improve internal rotation of the shoulder
- Surgery may be required if there is tearing of the labrum or rotator cuff or if posterior capsular tightness is resistant to 2-3 months of a stretching program.

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Contact information