

Impingement Syndrome

What is it?

Chronic condition caused by repetitive overhead activity that damage the glenoid labrum, long head of the biceps brachii and the subacromial bursa, resulting in a narrowing of the space between the rotator cuff and the acromion

What causes it?

Repeated overhead movements eg tennis, swimming, golf, weight lifting. Underlying predisposition, including rheumatoid arthritis

Symptoms

Shoulder pain and difficulty raising the arm in the air. Pain during sleep when the injured arm is rolled on. Pain during rotational movements such as reaching into back pocket.

Top Tips

Rest and ice as soon as possible. Seek medical advice.

How to Treat it

Rest, ice and anti-inflammatories. Corticosteroid injections may be used under the acromion to reduce inflammation.



Rehab

Following period of healing, physical therapy used to restore strength and range of motion in the affected rotator cuff. Avoid or limit repetitive motions that cause irritation. Strengthening exercises to strengthen rotator cuff to prevent re-injury.

Definitions

Glenoid Labrum – a fibrocartilaginous tissue found around the shoulder joint cavity

Biceps brachii – a large muscle in the front of the upper arm. Commonly shortened to 'bicep'. The muscle has two points of attachment at one end – the long and the short head.

Subacromial Bursa – an inflammatory condition of the bursa that separates tendons, ligaments and bones in the shoulder

Bursae/Bursal Sac – fluid filled sac found alongside joints to assist with lubrication and absorbing shock

Acromion – the bony process at the top of the shoulder blade

Rheumatoid Arthritis – a chronic, autoimmune disease causing inflammation in the joints, causing deformity

Corticosteroid Injections – anti-inflammatories often used to treat painful joints and sciatic pain

Associated Conditions

- Shoulder Subluxation
- Acromioclavicular Separation
- Sternoclavicular Separation
- Biceps Brachii Tendon Rupture
- Biceps Brachii, Chest Strain
- Rotator Cuff Tendinitis (Pitcher's Shoulder)
- Shoulder Bursitis
- Bicipital Tendinitis
- Pectoral Muscle Insertion Inflammation
- Frozen Shoulder (Adhesive Capsulitis)

Get Help Now

Products

Purchase sports injury products from Physique - [supports](#) or [braces](#), [ice](#), [resistance bands](#)

10% DISCOUNT WITH CODE:
BODYMECHANICS

Services

Online Physical Therapy, Massage and Yoga from Body Mechanics

BOOK NOW

References: The Anatomy of Sports Injuries by Brad Walker, Anatomy & Physiology by Louise Tucker and Google.com