

What is it?

Not usually an isolated condition. Associated with rotator cuff tear, or impingement syndrome. Occurs when the region between the upper arm bone/humerus and the tip of the shoulder/acromion becomes inflamed.

What causes it?

Overuse of the shoulder from throwing activities, tennis, swimming, baseball and weight training for example.
Falling onto an outstretched arm.
Infection of the bursa in the shoulder.

Symptoms

Pain in the shoulder, particularly when raising the arm. Pain when turning over in bed on the injured shoulder.
Loss of strength and limited motion of the shoulder

Top Tips

Implement RICER as soon as possible.

How to Treat it

Discontinue all activity causing inflammation of the shoulder. RICER. Then heat to promote blood flow and healing



Rehab

Avoid pressure to injured shoulder. Begin exercising the shoulder to strengthen and stretch the muscles and joint, to increase mobility. Warming up and cooling down exercises.

Definitions

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

Rotator Cuff – term given to a group of muscles, tendons and ligaments which surround and support the shoulder joint

Impingement Syndrome - see associated conditions below

RICER – rest, ice, compress, elevate, refer

Associated Conditions

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

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