



SHOULDER IMPINGEMENT

*Understand your condition.
Know your next steps.*

Anatomy of the shoulder

The rotator cuff tendons and bursa reside in the narrow space between the top of the humerus (upper arm bone) and the bottom of the acromion (part of the shoulder blade located at the top of the shoulder). When the arm is relaxed at your side, this space is sufficient. But when the arm is moved away from the body (abduction), this space is narrowed and the residing structures can be compressed. In a healthy shoulder, this does not cause any pain or irritation. In an unhealthy shoulder, this compression can cause irritation, resulting in pain and inflammation of the tissues.

Inflammation and subsequent swelling take up space and further aggravate the shoulder during reaching and overhead movements. It is not uncommon to develop a bone spur in this area on the underside of the acromion. This results in an even smaller space and predisposes someone to “impingement” of the tissues, causing increased irritation and pain.

What are the symptoms?

Shoulder impingement may result in the following symptoms:

- » Pain along the front and outside of the shoulder
- » Pain with certain activities and in certain positions
- » Weakness with certain movements and activities

- » Painful clicking and/or popping

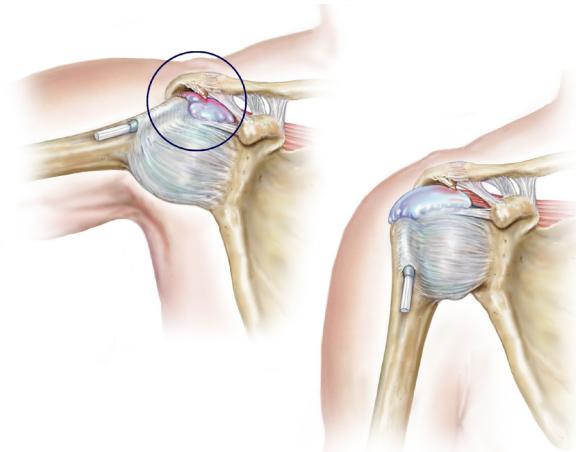
- » Pain at night

Symptoms for shoulder impingement are diverse in presentation and severity. The listed symptoms should only be thought of as a generalization of the symptoms associated with this disorder.

How did my specialist diagnose it?

A discussion of your symptoms, a physical examination, and X-rays are useful for a diagnosis. Your specialist may recommend having an MRI as well.

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What are the treatment options? What does my specialist recommend?

Your shoulder specialist has developed a treatment plan based on your specific situation. His or her recommendation, for you, has been selected from the treatment options below.

TREATMENT	DESCRIPTION	MY NEXT STEP
<input type="checkbox"/> ANTI-INFLAMMATORY MEDICATION	Over-the-counter medications such as Aleve, Advil, Motrin, and aspirin can be used to help reduce swelling and pain.	Pick up medication, and start regularly taking it as your doctor recommends.
<input type="checkbox"/> ICING	Place a bag of ice directly onto the shoulder for 20 minutes to reduce and prevent inflammation.	Contact the patient coordinator if symptoms do not improve: (651) 968-5201
<input type="checkbox"/> WELLNESS	Start with a free wellness consult to explore your goals and what tools are available to you.	Set up a wellness consultation: (651) 968-5766
<input type="checkbox"/> INTEGRATED PHYSICAL THERAPY AND WELLNESS	Our team of physical therapists, performance specialists, and registered dietitians works collaboratively with you in designing an integrated rehabilitation plan that will help you reach your full potential.	Set up an integrated consultation: (651) 968-5766
<input type="checkbox"/> PHYSICAL THERAPY	Physical therapists treat conditions with a variety of techniques. Home exercises may also be provided.	Set up a physical therapy appointment: (651) 968-5600
<input type="checkbox"/> INJECTIONS	In some cases, injections may be beneficial for decreasing pain and inflammation within the joint, and may help avoid surgery.	Set up injection appointment: (651) 968-5201
<input type="checkbox"/> SURGERY	In some cases, surgery is the most effective treatment. Depending on the nature of your condition, your specialist can recommend an appropriate procedure.	Set up surgery date and time with the patient coordinator: (651) 968-5201

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