

PROVIDING SPECIALISED TREATMENT FOR

- IMPINGEMENT
- ROTATOR CUFF DISEASE
- INSTABILITY
- FROZEN SHOULDER
- OSTEOARTHRITIS
- POSTURAL DYSFUNCTION
- DISLOCATIONS
- FRACTURES
- CARPAL TUNNEL SYNDROME
- DE QUERVAIN'S TENOSYNOVITIS
- MALLET FINGER
- TENDON INJURIES
- OVERUSE INJURIES
- PLUS GENERAL PHYSIOTHERAPY

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SHOULDER IMPINGEMENT SYNDROME

Information Brochure

WHAT IS IMPINGEMENT SYNDROME?

Impingement is a painful shoulder condition that occurs when the tendons of the rotator cuff muscles rub on the under-surface of the acromion (outer point of the shoulder blade).

This can be caused by any number of factors, including:

- Repetitive overhead actions
- Imbalance in the strength of the shoulder muscles
- Poor posture
- "Wear and tear" inside the shoulder
- A fall or trauma onto the shoulder



WHAT ARE THE SYMPTOMS?

A common symptom includes a 'catching' painful sensation when reaching overhead, particularly when reaching out to the side. It is also common to experience disrupted sleep and general weakness of the arm.

HOW IS IMPINGEMENT DIAGNOSED?

Impingement is diagnosed by careful assessment of the history of your condition including any aggravating factors, X-ray and ultrasound analysis if available, and some special tests performed by your physiotherapist.

WHAT ARE THE TREATMENT OPTIONS?

Treatment is a very individualised process and depends on the irritability, cause of the condition and any contributing factors.

Treatment may include:

- Education about the injury and how to avoid aggravating the shoulder
- A home exercise program, targeting the specific muscles that are weak
- Posture re-education
- Subacromial cortisone injection (if decided necessary by your doctor) to address inflammation in the shoulder

