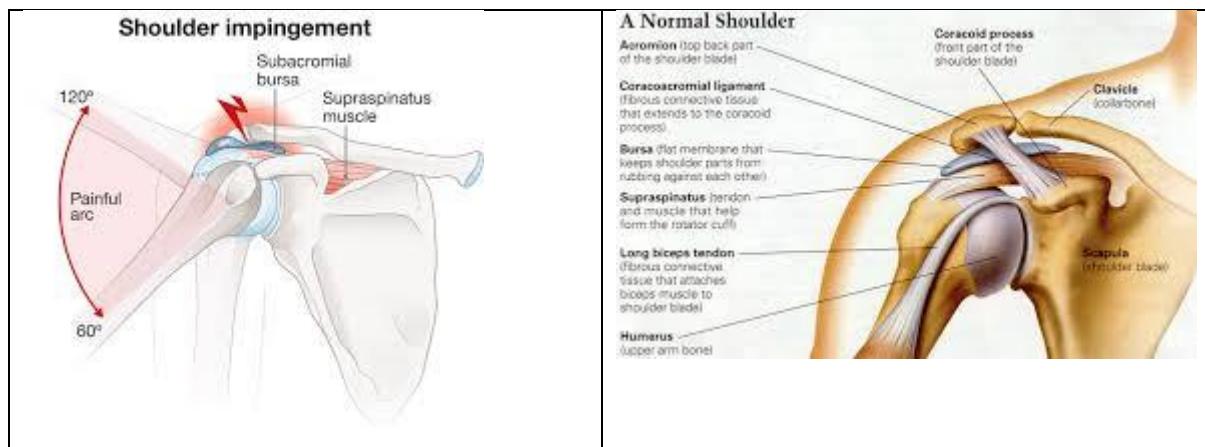


Shoulder Impingement

What is Shoulder Impingement? Shoulder impingement occurs when the shoulder blade puts pressure on the tendons of the rotator cuff during overhead arm movements. This can cause pain and restrict motion, often leading to inflammation. Symptoms include pain when lifting the arm, weakness, and discomfort during activities like reaching or throwing.



Treatment Options:

1. Physical Therapy:

- A tailored exercise program focusing on stretching and strengthening the shoulder can improve flexibility and relieve pain. Therapists may also use manual therapy techniques to enhance movement.

2. Medications:

- Nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen or naproxen can help reduce pain and inflammation. Consult your doctor for proper usage.

3. Corticosteroid Injections:

- In some cases, corticosteroid injections may be administered to reduce inflammation in the affected area, providing temporary relief and allowing for better mobility.

4. Activity Modification:

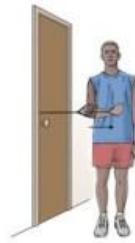
- Avoiding activities that exacerbate pain, especially overhead movements, can facilitate recovery. Gradually reintroducing these activities under guidance can help regain function.

5. Surgery:

- If conservative treatments fail, surgical options may be considered to relieve pressure on the rotator cuff. Procedures can involve removing bone spurs or repairing damaged tendons.



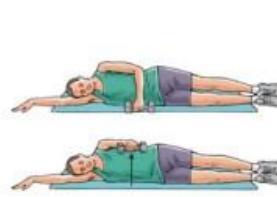
Resisted shoulder external rotation



Resisted shoulder internal rotation



Scaption



Side-lying external rotation



Horizontal abduction



Push-up with a plus

Contraindications: While managing shoulder impingement, it's crucial to avoid certain practices that may worsen the condition:

- **Avoid Overhead Activities:** Activities that involve lifting the arm overhead can aggravate symptoms. Limit these movements until strength and flexibility improve.
- **Do Not Ignore Pain:** Pushing through pain during activities can lead to further injury. Always listen to your body and stop if you experience discomfort.
- **Steer Clear of High-Impact Sports:** Sports that require sudden movements or heavy lifting should be avoided during recovery to prevent exacerbation of symptoms.
- **Consult Before Exercise:** Always consult a healthcare professional before starting any new exercise program, especially if you have existing conditions or previous shoulder injuries.

Conclusion: Shoulder impingement can hinder daily activities, but with the right treatment approach and precautions, many individuals can find relief and regain their shoulder function. If you're experiencing symptoms, don't hesitate to reach out to a healthcare professional for an evaluation and personalized treatment plan.