

Management and Prevention.

What is it?

Shoulder impingement is a generalized term used to describe the compression and resultant soft tissue irritation in the shoulder region. It can be a result of stiffness of the shoulder joint or poor muscle control. The most common area of impingement is within the subacromial space, which is where the rotator cuff tendons are located.

What are symptoms associated with shoulder impingement?

Common symptoms associated with shoulder impingement include sharp or dull pain along the top or outside of the shoulder. Common complaints of pain are associated with lifting arm up in front, to the side, across body or reaching behind back; this is referred to as *anterior impingement*.

Management

Management of shoulder impingement can be treated well with the following recommendations:

- Pain control
 - o Ice for 15-20 minutes (*do not place directly on skin, place towel in between ice and skin*) for 1-2 weeks
 - o Avoid activities, positions, or movements that cause an increase in pain

- Activity Modification
 - o Unload your shoulder by re-positioning your hands in your pocket/belt buckle, and arms supported on arm rest and sit with upright posture (shoulder blades slightly together with shoulders back)

Shoulder pain: Impingement

Exercises:

Numerous exercises exist for treatment of shoulder impingement – below are the most effective according to current research:

- Wall slides
- Pectoral stretch
- Sleeper stretch
- Quadruped rock back
- Cross body stretch