



Patient Resources

Shoulder Impingement Syndrome

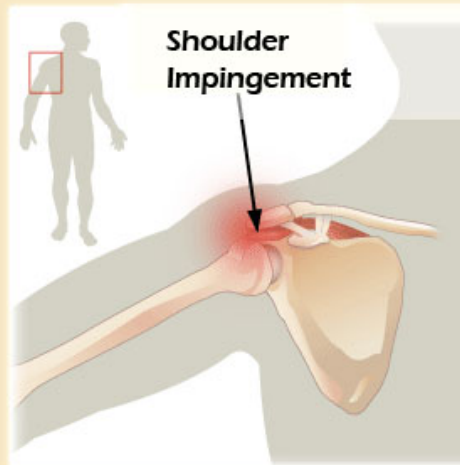
Impingement Syndrome

- One of the most common causes of pain in the adult shoulder
- It results from pressure on the rotator cuff from part of the shoulder blade (scapula) as the arm is lifted
- The rotator cuff is a tendon linking four muscles: the supraspinatus, the infraspinatus, the subscapularis, and the teres minor
- These muscles cover the "ball" of the shoulder (head of the humerus)
- The muscles work together to lift and rotate the shoulder



Shoulder Impingement

- The acromion is the front edge of the shoulder blade
- It sits over and in front of the humeral head
- As the arm is lifted, the acromion rubs, or "impinges" on, the surface of the rotator cuff
- This causes pain and limits movement



Symptoms of Impingement

- Symptoms usually start gradually, in the top-outer portion of the shoulder
- There may be mild pain all the time, with sudden pain when reaching overhead and pain when lowering the arm from an overhead position
- There may be weakness of the shoulder
- If not treated, the condition may worsen

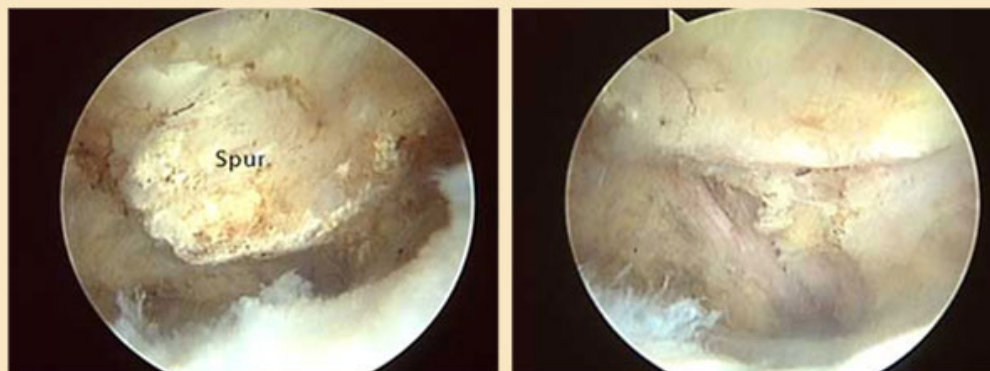
Investigations

- Plain X-rays
 - Hooked acromion
- MRI Scans

Treatment

- Physiotherapy – cuff strengthening
- Oral pain medications
- Steroid injection
- If failed conservative treatment – consider arthroscopic surgery

Arthroscopic Acromioplasty



Please note that the information contained herein is for general medical information only. If you have any specific medical condition or queries, please **consult** your medical doctor.

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