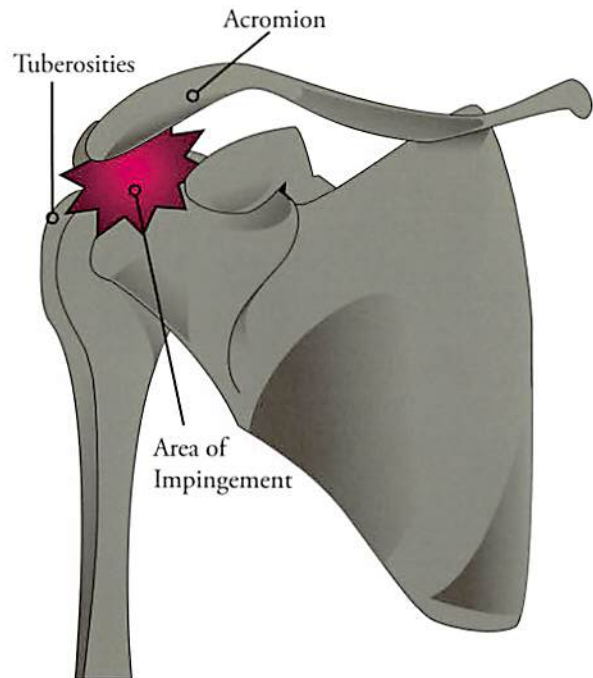


IMPINGEMENT SYNDROME

The shoulder joint is surrounded by four muscles, whose tendons blend together to form a continuous sheath, called the **rotator cuff** that attaches to bone prominence on the upper arm called the **tuberosities**. A narrow bone called the **acromion** arches over the rotator cuff if the space beneath the acromion becomes narrowed. Moving the shoulder the wrong way can squeeze the tissues, causing painful subacromial **impingement**. The decreased clearance, can be caused by bone spurs or swelling and inflammation of the tendon and bursa.



For new injuries a brief period of **ice** and **rest** may be helpful. For longer-term symptoms **anti-inflammatory medication** may help reduce swelling. At times, an injection of **cortisone** into the sub acromial space may help to reduce swelling and inflammation. Rotator cuff strengthening **exercises** may help stabilize the shoulder downward and increase clearance. Only when the above treatments have been ineffective do we consider **surgery** to remove the impinging bone.

Impingement does not decrease range of motion directly. The pain however may inhibit certain motions and over time, shoulder stiffness may result. It is important to regain this lost **range of motion** since the resultant stiffness may actually aggravate the painful condition further. When surgery is planned, it is especially important to maximize range of motion since the scarring after surgery will tend to make motion even harder to achieve.



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Shoulder EXERCISES

STRENGTHENING & IMPINGEMENT



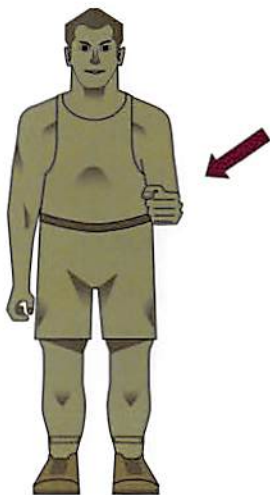
STRENGTHENING EXERCISES

While recovering from injury or surgery it is beneficial to keep your muscles as strong as possible. The following exercise can be started before your shoulder is strong enough to lift weights or do more strenuous exercise.

Shoulder Isometrics

While holding your arm against the side of your body, squeeze your shoulder muscles tight making them stand out firmly to the touch. Hold for 5-10 seconds. **Repeat 3 times.**

Do this every hour throughout the day.



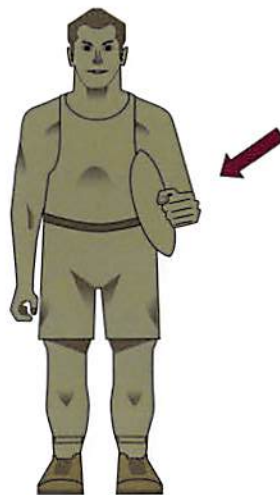
ROTATOR CUFF STRENGTHENING EXERCISES

The following exercises are designed to stabilize the shoulder into the joint and maintain separation from the **acromion**. These should be carried out in such a way that they DO NOT aggravate the symptoms of impingement. This may require changing the position of your arm and decreasing the intensity or the frequency of the exercises at times.

Adductor Strengthening

Place a pillow against your side under your elbow. Squeeze your elbow against the pillow into your side. Hold for 5-10 seconds. **Repeat 3 times.**

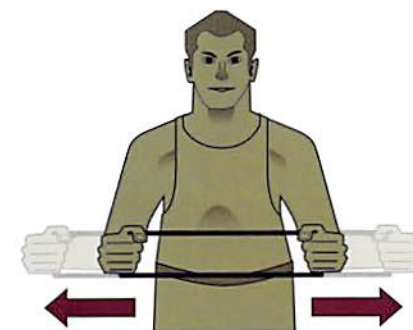
Do 3 times a day.



Resisted External Rotation

Loop surgical tubing around both wrists. *Make sure elbows are held bent at 90 degrees.* Pull outward firmly. Hold for 10 seconds. **Repeat 3 times.**

Do 3 times a day.



Resisted Internal Rotation

Place surgical tubing over a doorknob. Position your body so your arm is in a comfortable forward position. *Keep your elbow bent at 90 degrees.* Pull inward firmly. Hold for 10 seconds. **Repeat 3 times.**

Do 3 times a day.

