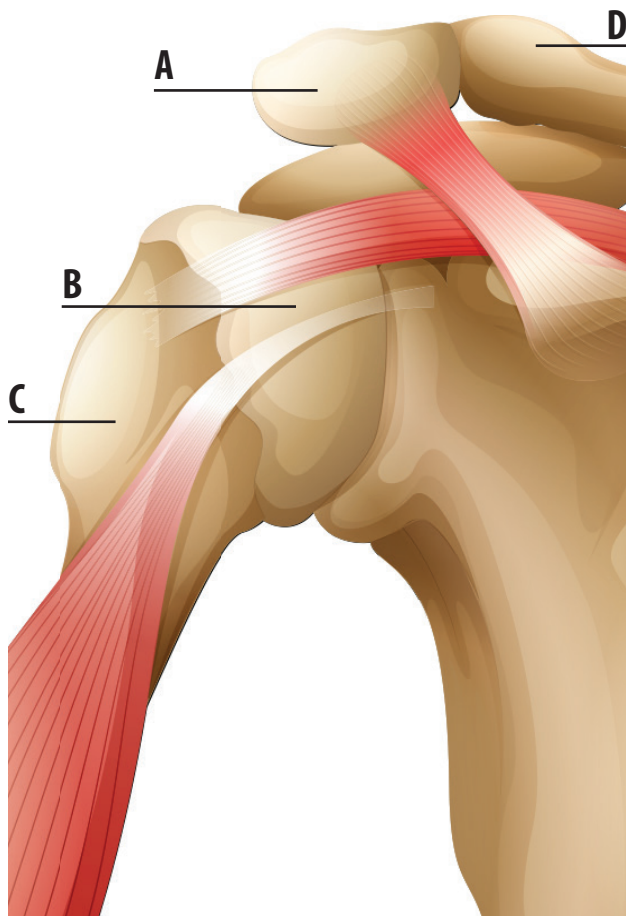


SHOULDER IMPINGEMENT

A COMMON INJURY, ESPECIALLY WITH BASKETBALL PLAYERS



A. ACROMION
B. HUMERAL HEAD

C. HUMERUS
D. CLAVICLE

SHOULDER ANATOMY

ASSOCIATED WITH SHOULDER IMPINGEMENT

The shoulder is a ball and socket joint, you have the ball and rotator cuff muscles to which tendons attach. It is a group of four muscles. Their job is to hold the ball tight and low so when you raise your arm, it stays very stable in the socket.

The acromion is like a roof over the shoulder. With a shoulder impingement, any of the four or more tendons become inflamed, injured or torn. The four muscles no longer hold the shoulder tight and low so when you try to raise your arm, your rotator cuff shifts upward and causes pinching under the acromion on the tendons. This can cause tendonitis and can eventually result in a tear.

People with shoulder impingement show symptoms where if their arms are down at their side they have no issues, but once they get to shoulder level and above then they start to have pain.

GOOD NEWS

Physical therapy can address this condition very effectively. What we do with physical therapy is teach you precise exercises to address the mechanical deformity, decrease inflammation of the tendon and get the rotator cuff muscles working properly like they should to control the shoulder.



So Much More Than Therapy!

405.609.3600
valir.com/physicaltherapy
18 clinics state wide