

DISCLAIMER

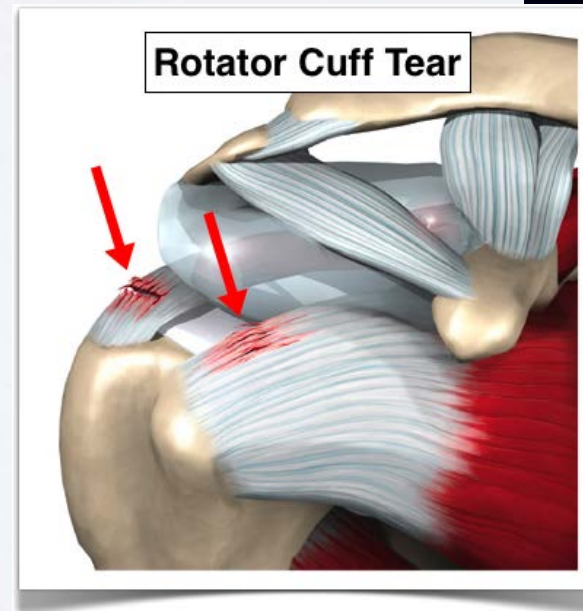
All materials provided are for information only and do not necessarily reflect the views or positions of Riverside County Medical Association (RCMA) nor do they necessarily represent or create a standard of care with respect to the practice of medicine. If you have questions, please direct those questions to the original source and authors of those materials who did the research and writing.

Shoulder Impingement Syndrome

- Used to be called:
- Bursitis
- Tendonitis



May also include:
Partial tear rotator cuff
Full tear rotator cuff
tendons



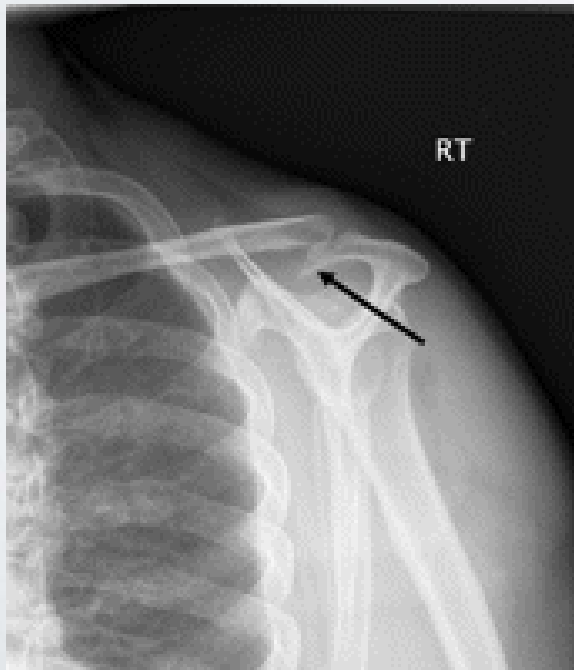
Causes of Impingement Shoulder

- Poor posture
- Over head activities
- Throwing
- Weak upper back muscles c/w front
- Falls
- Wide grip weight lifting:
- Bench, flys, pec deck, overhead presses
- No known reason?



Diagnosis Impingement Syndrome

- History of activities
- Physical Examination
- Xrays
- Sometimes MRI



Treatment of Impingement

- Avoid bad activities
- Ice
- Upper Back Exercises
- Anti-inflammatory meds(Aleve,Relafen, ibuprofen type)
- Anti-spasm meds,others
- Physical Therapy
- Injection/surgery

