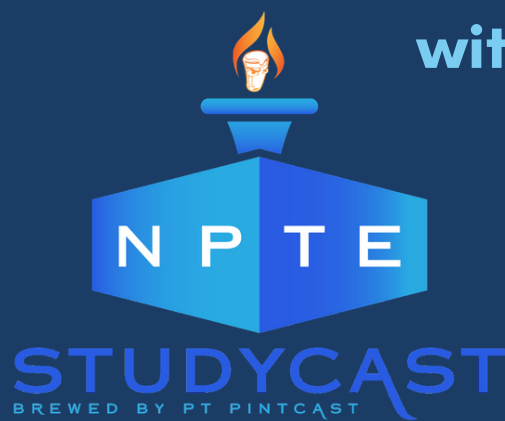


SHOULDER IMPINGEMENT SYNDROME



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WHAT IS IT?

- Shoulder impingement syndrome consists of pain in superior lateral or superior anterior regions of shoulder
- Caused by repetitive lifting or overhead tasks rather than a traumatic injury
- Pain and difficulty with overhead or end range motions of shoulder
- Subacromial space:
 - Acromion of scapula creates arch over humeral head
 - Structures occupying space:
 - Supraspinatus and infraspinatus musculotendinous unit
 - Subacromial bursa
 - Long head of bicep



SPECIAL TESTS

- Neer's Test
- Hawkin's Kennedy
- Jobe (Empty Can) Test
- Painful Arc
- External rotation isometric resistance
- Imaging
 - X-ray, CT, MRI, ultrasound



DIFFERENTIAL DIAGNOSIS

- Adhesive capsulitis
 - Presents with capsular pattern (ER > ABD > IR)
- Glenohumeral instability
 - Apprehension testing
- Rotator cuff pathology
 - Presents with significant pain and weakness of rotator cuff
- Cervical spine
- Visceral Referrals
 - Left shoulder: heart, lung, spleen
 - Right shoulder: liver, gallbladder, lung



TREATMENT EXAMPLES

- Conservative Treatment
- Patient Education
- Activity modification
- Pain management
- Strength
- Endurance training
- Manual therapy
- Progression to PLOF
- Mobility and movement control of GHJ and scapulothoracic joint

EXAMPLE QUESTION

A 30 year old female presents to the clinic with a history of shoulder pain. She works as a painter and has had an increased workload requiring overhead repetitive tasks. What type of tests should be performed to differentiate this condition?

- a. Hawkin's Kennedy, painful arc, external rotation muscle testing
- b. Apprehension, relocation
- c. Drop arm, painful arc, external rotation muscle testing
- d. Capsular pattern testing



Answer: A