

HEALTH & FITNESS

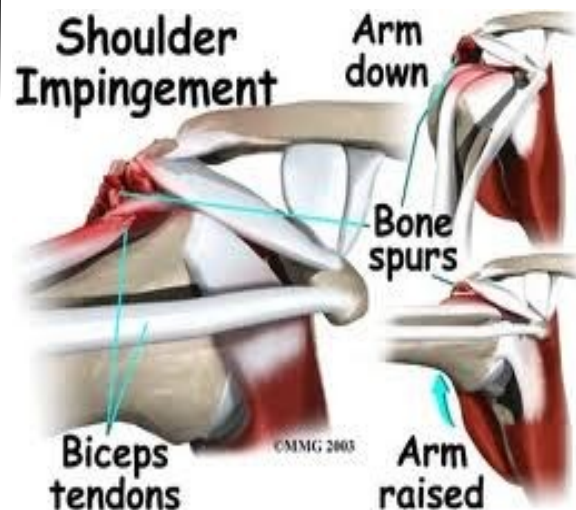
The Newsletter About Health and Caring For Your Body



Rotator Cuff Impingement



Rotator Cuff Impingement is one of the most common shoulder problems that people suffer from. It is when a rotator cuff tendon (supraspinatus) becomes inflamed and then gets “pinched” between the top shoulder bone (clavicle). The pain from the “pinching” increases when reaching overhead, across body, and behind the back. Because the bicep tendon is so close to the rotator cuff tendon, it too can become irritated. You will find that you will be tender on the front side of your shoulder. Shoulder Impingement can be caused by a forceful movement that causes a strain of the muscle or by repetitive motions that create friction which irritate the muscle over time. If it goes untreated, the repetitive stresses can lead to a rotator cuff tear or to bone spurs. Impingement responds very well to physical therapy. The postural strengthening helps to improve the mechanics of the shoulder so that the rotator cuff tendon can safely pass under the clavicle.



Common Symptoms

- Pain with reaching:
 - Overhead
 - Behind Back
 - Across body
- Pain at front and/or on top of the shoulder
- Pain when lying on side

SUCCESS STORY

I was having shoulder pain for about 3 months and was worried I had torn my rotator cuff. Thankfully, I didn't. After 1 week in therapy I felt much better. After 4 weeks I can work and play without pain. ~R.C.

If your shoulder has been hurting more than 2 weeks, it is a good time to seek additional help to prevent further damage and additional costs.

Goals of Physical Therapy

- Decrease pain/inflammation
- Restore full motion
- Increase strength
- Increase supporting muscles
 - Chest/back/neck
- Return person to ALL activities

If you or someone you know is suffering with pain, call us to learn how Orofino Physical Therapy can help!

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