

**Cycle 3- Shoulder
2307 - Understanding Shoulder Impingement
SCRIPT**

(1)

TADASHI FUNAHASHI, MD:

The shoulder impingement terminology comes from the fact that when you raise your arm up, the rotator cuff can get pinched between your arm bone and your shoulder bone. So we call it impingement.

(2)

DANIEL ACEVEDO, MD:

It's basically the shoulder is pinching, right. And-- and it can involve pain here in the front or the side of the shoulder with overhead activity.

(3)

RONALD NAVARRO, MD:

Patients who like to do gardening and be up overhead a lot, because of the positions of the biceps, it can also be impinged upon by the-- by the bone above it-- the acromion,

(4)

DANIEL ACEVEDO, MD:

A lotta patients actually have pain with reaching across their body or reaching behind to unhook their bra.

(5)

TADASHI FUNAHASHI, MD:

Shoulder impingement actually is a diagnosis. But it is a part of the stage of rotator cuff problems. Initially, you may have just some rotator cuff tendonitis, what we might call stage one, which can be treated with anti-inflammatory medications and some exercise.

(6)

TADASHI FUNAHASHI, MD:

Impingement takes that into account but even further along, the rotator cuff has weakened to the point where it's now getting overpowered by the larger muscles. That we call impingement. Now, if you continue to have that, that could also lead on to a tear of that tendon. So it is a part of the spectrum of rotator cuff problems starting with irritation, to rotator cuff tear, with impingement being in the middle phase of that.

(7)

DR. EDMOND YOUNG:

It's-- important, thinking about your shoulder you can have quite a bit of pain without tearing your rotator cuff. And we typically call that impingement.

(8)

TADASHI FUNAHASHI, MD:

People who are doing a lot of overhead activities have a higher likelihood of getting impingement at a younger age. But you can certainly get impingement just because of age. And over the course of time, the rotator cuff tendons becoming a little bit weaker. And getting you a little bit more predisposed to getting impingement syndrome.

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