

**Cycle 3- Shoulder**  
**2308 - Treatment for Shoulder Impingement**  
**SCRIPT**

**(1)**

**TADASHI FUNAHASHI, MD:**

If you have pain in the shoulder that's related to rotator cuff, or sometimes called impingement syndrome, an injection can be very helpful. We typically take a little bit of cortisone and a numbing medication.

**(2)**

**TADASHI FUNAHASHI, MD:**

And you put it between the bone and on top of the rotator cuff. That injection is really important because it does two things. Number one, the numbing medication will take away the pain. And if the numbing medication takes away the pain you are having, we know that you are having impingement.

**(3)**

**TADASHI FUNAHASHI, MD:**

It also can help decrease the inflammation or the irritation of the tendon because we put some steroid in there. And it can treat the inflammation and eliminate the pain in and of itself.

**(4)**

**DANIEL ACEVEDO, MD:**

Actually one of the things I tell patients-- is just to do some stretches. Get rid of that tightness in the back of the shoulder and relieve their shoulder impingement. Physical therapy plays a big role in helping patients relieve their shoulder pain.

**(5)**

**GEOFFREY GRIFFITHS, MD:**

Proper technique and proper strengthening, a proper rehab program is very important so you actually don't do more harm when you're trying to-- get that shoulder-- better.

**(6)**

**DANIEL ACEVEDO, MD:**

If a patient has true shoulder impingement--They're missing some motion. They've tried all the conservative methods of management and they're indicated for surgery.

**(7)**

**DANIEL ACEVEDO, MD:**

A lot of times, those patients are indicated just for a shoulder arthroscopy. I-- I'm basically going to go into your shoulder with a little camera through three little poke holes, minimally invasive, and look around, and basically look and treat causes of pain.

**(8)**

**TADASHI FUNAHASHI, MD:**

It's sometimes that the amount of space that there is for that muscle is too narrow. Sort of like when you have a door that's swollen from rain and it scrapes on the floor. You shave the bottom of the door out so it doesn't scrape anymore.

**(9)**

**TADASHI FUNAHASHI, MD:**

And, in fact, that's what we do for impingement surgery. We scrape the bottom of the bone that's scraping on the rotator cuff, increasing the amount of space that's in there. And sometimes that alone is all these needed to improve that pain.

**(10)**

**DANIEL ACEVEDO, MD:**

And a lot of times most of those patients have a lot of inflammation on top of their shoulder. And really just go in and clean the shoulder. We're actually able to evaluate the rotator cuff. Oftentimes we know what we're gonna do in the shoulder. But a lot of times that part of the shoulder surgery is diagnostic.

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