

## Shoulder Impingement

### Anatomy

The shoulder joint is composed of three bones: the humerus, the clavicle, and the scapula. These three structures are held together by a joint capsule composed of ligaments and tendons that attach to the scapula (shoulder blade).

### Description

**Impingement:** When the space between the acromion and rotator cuff narrows. The acromion can rub against (or "impinge" on) the tendon and the bursa, causing irritation and pain.

**Tendinitis:** The rotator cuff tendons can be irritated or inflamed.

### Cause

- Repetitive overhead activities such as, throwing or swimming
- Repetitive overhead lifting

### Symptoms

- Localized swelling and tenderness in front of shoulder
- Pain or stiffness when lifting arm
- Radiating pain to side of arm

### Seek Medical Care

Seek medical care if symptoms persist without improvement. This could be an indicator for more severe injury. Contact the orthopedic office of Dr. Eric Bava for questions or concerns at (415) 925-8963.

