

Impingement Syndrome

John McLaughlin, M.D.

What is Impingement Syndrome?

Impingement syndrome is inflammation of the rotator cuff tendons in the shoulder. It is usually the result of pinching of the tendons between two bones of the shoulder. It can result from overuse or trauma. Narrowing of the available space from bone spurs or calcification may contribute to the condition.

What are the symptoms?

The symptoms of impingement syndrome usually include pain (particularly with attempted over head motion), limitations in range of motion of the shoulder and, occasionally, weakness. Symptoms may be worse at night while trying to lie down. Popping or grinding in the shoulder, particularly with motion, is a common complaint.

How is Impingement Syndrome diagnosed?

The diagnosis is usually made by history and physical examination. Dr. McLaughlin may consider performing a "supraspinatus test." In this test, a

a numbing agent is injected into the shoulder. The relief of pain following the injection is both diagnostic and therapeutic. MRI's are occasionally obtained in order to rule out the possibility of a tear in the rotator cuff.

How is Impingement Syndrome treated?

Impingement syndrome syndrome is usually treated non-surgically. Treatment includes modification of activities, shoulder exercises (see next page), the use of anti-inflammatory medications, physical therapy and injections.

Occasionally, surgical intervention is considered when other treatment options fail. The purpose of this arthroscopic procedure is to widen the space available for the tendon by removing any bone spurs or areas of calcification. This procedure is performed as an ambulatory procedure and does not require hospitalization.

www.JohnMcLaughlinMD.com

3141 Route 9W Suite 100 New Windsor, New York 12553

